

2018 Howard County Health Assessment Survey

Howard County, Maryland

Final Report



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Project Overview

The mission of this public study, known as the Howard County Health Assessment Survey (HCHAS), is to assess health-related behaviors and risk factors among the adult population of Howard County, Maryland. Results of this study enable health providers and advocates to measure progress and to know where to focus resources to help make the community healthier.

The Horizon Foundation sponsored this study, joined by the Howard County Health Department, Howard County General Hospital, and the Columbia Association. This is a biennial study, first conducted in 2012, and updated in 2014, 2016 and 2018. The survey approach and methodology are modeled after the Behavioral Risk Factor Surveillance System (BRFSS), which is conducted by Maryland and the other states under the auspices of the Centers for Disease Control and Prevention (CDC).

Survey Methodology

The study sponsors met regularly during the planning phase to discuss survey content and methodology. Final decisions over survey content were made by the sponsors. Technical aspects of the survey project, including question wording recommendations, population sampling, and telephone data collection were administered by OpinionWorks LLC of Annapolis, Maryland.

Many questions on the HCHAS were replicated from the BRFSS and other tested public health surveys so that results can be compared to other areas of Maryland and the nation, and to benefit from prior vetting of those questions. The HCHAS also included customized questions to address the local priorities of the project's sponsors, and the health environment in Howard County. In the end, these telephone interviews averaged 16.7 minutes. Field interviews for this most recent version of the HCHAS were collected from May 16 to December 12, 2018.

Prior to field interviewing, the project's sponsors notified the public about the study to encourage survey participation through a multi-media "answer the call" campaign. OpinionWorks, the survey contractor, maintained a dedicated local telephone line, named "Howard Health Survey," which appeared on residents' caller ID readouts as interview calls were made. Residents calling this number heard a voice mail greeting describing the purpose of the survey and were encouraged to leave messages if they wanted more information or wished to have their phone number removed from the calling list. Calls were returned by OpinionWorks staff to residents who had questions about the study.

During the interviewing process, a strict random respondent selection protocol was adhered to. Respondent selection within households was randomized, and all households in the County had an equal probability of being sampled. Caregivers were not allowed to answer for others; answers for all study respondents reflected their own characteristics and experience.

For analysis purposes, each interview was geo-coded and placed within one of Howard County's seven regional planning districts, with the three smallest-population districts combined into one area called "West County." Accordingly, a total of 2,002 interviews were conducted, as follows:

Regional Planning District	Interviews Conducted	Maximum Sampling Error*
West County	312	± 5.5%
Ellicott City	559	± 4.1%
Columbia	675	± 3.8%
Elkridge	214	± 6.7%
Laurel	242	± 6.3%
Howard County Total	2002	± 2.2%

*Sampling error is calculated at the 95% confidence level. This means that, in 19 out of 20 cases we can be certain that the true results would fall within this range if *every* adult resident of these areas had been interviewed.

Interviews were considered completed if the respondent proceeded through the entire interview, though respondents may have refused to answer individual questions. Interviews were conducted in English and Spanish. Both landline and mobile telephone numbers were included in the sampling frame.

Once the interviews were collected, statistical weights were applied to the sample to ensure that it was as reflective as possible of the County's population, according to the most recent data available from the United States Census Bureau. Weights were applied to the following parameters: gender, age, race and ethnicity, and geography.

A complete survey data file has been supplied by the contractor to the study sponsors, excluding identifying information for the individual respondents in order to protect their personal health information, to make possible further analysis of these health data.

The Structure of This Report

This report provides a visual representation of each question on the survey, grouped by major topic area. Those major topics are:

1. Access to Care
2. Obesity and Healthy Living
3. Behavioral Health
4. Chronic Disease
5. Children's Health
6. Other Issues

Where a question was repeated from the 2016, 2014 and/or 2012 surveys, trends from the prior survey(s) are illustrated. In cases where a question was *not* asked previously, or where question wording was significantly changed, prior data does not appear in this report.

Survey results have also been broken out for a variety of geographic, demographic, and lifestyle indicators, so that propensities can be isolated within population subgroups. On the pages that follow, subgroup numbers have been placed in tables beneath each question in cases where there are statistically-significant differences within those subgroups. Therefore, not all subgroups are listed for each question. In these tables, data cells have been highlighted in darker or lighter shades if the percentages differ significantly, in statistical terms, from the rest of Howard County's population:

- A subgroup result highlighted in a darker shade is significantly *greater than* the rest of the population.
- A subgroup result highlighted in a lighter shade is significantly *less than* the rest of the population.

On the charts displayed throughout this report, up and down arrow icons are used to indicate when there is a statistically-significant year-over-year *trend* in the survey data. If arrows are not displayed, apparent trends may be real, but do not rise to the level of statistical significance.



The raw number of interviews collected in each subgroup is listed in parentheses below, followed by the weighted number reflecting that subgroup's proportion of the overall countywide survey sample once the results were weighted to reflect the population distribution of Howard County (raw number → weighted number). Note that the post-stratification weighting approach results in overall sample size that appears to be larger than the original sample of 2001 interviews, but that difference is simply an artifact of the weighting process.

These subgroups are:

- **Regional Planning District:** West County, which combines the less populous Cooksville, West Friendship, and Clarksville Regional Planning Districts (312 raw number → 289 weighted number); Ellicott City (559 → 582); Columbia (675 → 760); Elkridge (214 → 233); Laurel (242 → 203).
- **Gender:** Male (953 → 1009), Female (1047 → 1053).
- **Age:** 18 to 24 (78 → 234), 25 to 34 (164 → 403), 35 to 44 (439 → 375), 45 to 54 (422 → 403), 55 to 64 (376 → 313), 65 to 74 (271 → 176), 75 or older (196 → 109).
- **Race/Ethnicity:** White (1379 → 1153); Black or African-American (352 → 409); Asian (169 → 362); Hispanic (84 → 167); and Others, such as Native Hawaiian or Other Pacific Islander, American Indian or Alaska Native (53 → 52). Note that survey participants could choose more than one of these categories to describe themselves.

- **Presence of Children under Age 18 in the Household:** Yes (824 → 928), No (1156 → 1117).
- **Columbia Association:** Yes (488 → 550), No (1431 → 1383)
- **Household Income:** Less than \$50,000 per year (264 → 294), \$50,000 to \$99,999 per year (406 → 462), \$100,000 to \$149,999 per year (427 → 441), \$150,000 to \$199,999 per year (285 → 278), \$200,000 or more per year (331 → 313).
- **Educational Attainment:** 11th Grade or less (32 → 39), High School Diploma/GED (220 → 223), Attended some college (366 → 434), 4-year college degree (581 → 603), Graduate-level work or degree (793 → 759).
- **Employment Status:** Employed for wages (1123 → 1260), Self-employed (196 → 206), Unemployed (105 → 114), Retired (436 → 277), Homemaker (92 → 87), Student (38 → 111).
- **Marital Status:** Married (1337 → 1251), Divorced or separated (201 → 172), Widowed (127 → 79), Never married (285 → 506), Member of an unmarried couple (32 → 41).
- **Body Mass Index:** Underweight (22 → 30), Normal (612 → 678), Overweight (688 → 711), Obese (559 → 536).

In many cases throughout this survey, the percentage of respondents who were not sure amounted to less than one-half percent. In those cases, where “not sure” equals or rounds to 0% of respondents, “not sure” does not appear as a response in the graphics below. In the tables contained in this report, any response amounting to less than one-half percent is displayed as *%.

It should also be noted that throughout this report, it will occasionally appear that columns of numbers do not add correctly; those minor differences (for example a column of numbers that adds to 99% or 101%) are typically due to issues of rounding.

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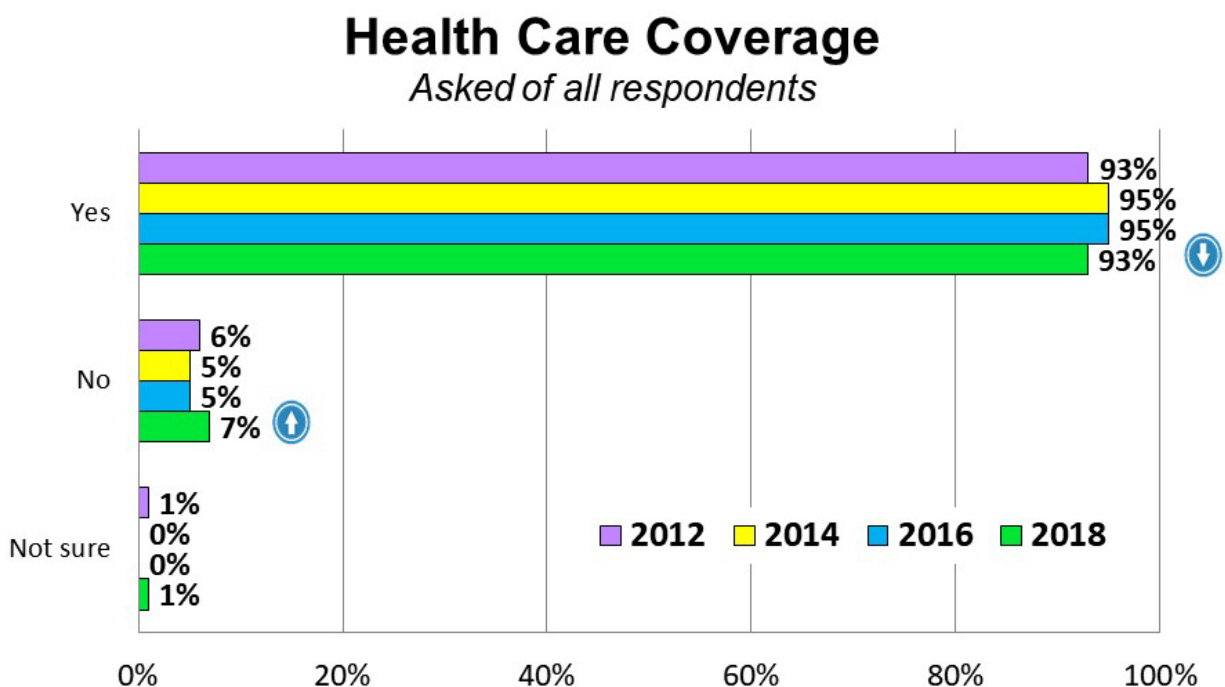
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Access to Care

The Access to Care section includes the incidence of health care coverage for Howard County residents, whether residents feel they have a personal doctor or health care provider, whether cost or availability has been a barrier to seeing a primary care provider when they needed one, and where they typically go for their care. This section also addresses the incidence of mammograms, breast exams, Pap tests, cancer screenings, and dental care.

Level of Health Care Coverage for Howard County Residents

Ninety-three percent of Howard County adult residents have health care coverage in 2018. This represents a slight decrease from the levels measured in 2016 and 2014, and equals the 93% coverage measured in 2012.



Q3.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?

Residents are less likely to have health care coverage if they are younger, Hispanic, lower-income, or less-educated. Data cells are highlighted if they are significantly different from the general population in statistical terms. The darker highlights indicate subgroups that are significantly higher than others in the general population, and the lighter highlights indicate cells that are lower. Note that there are cells that *appear* higher or lower than the norm, but due to the limitations of their sample size do not rise to the level of a statistically significant difference.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	93%	82%	87%	96%	95%	94%	100%	98%
No	7%	14%	13%	4%	5%	6%	-	*%
Not sure/Refused	1%	4%	-	-	-	-	-	1%

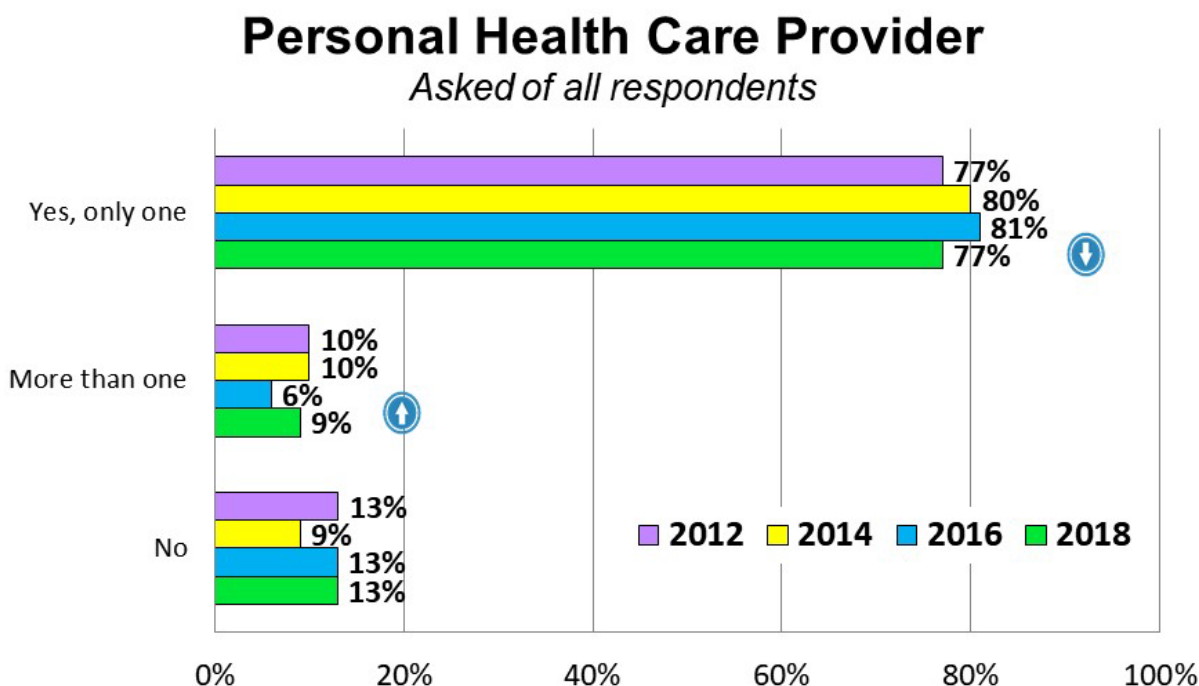
2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	93%	94%	93%	89%	82%	93%
No	7%	5%	7%	11%	16%	7%
Not sure	1%	1%	-	-	3%	-

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	93%	83%	92%	93%	96%	99%
No	7%	15%	8%	6%	4%	1%
Not sure	1%	2%	-	1%	-	*%

2018 Education Breakouts	All	Less than High School	High School or GED	Some College	4-Year Degree	Post-graduate
Yes	93%	67%	84%	90%	93%	98%
No	7%	23%	15%	9%	7%	2%
Not sure	1%	11%	1%	1%	*%	-

Eighty-six percent of Howard County residents have at least one person that they think of as their personal doctor or health care provider. Of these, 77% said they have *one person* they think of as their personal doctor or health care provider, while another 9% said they have *more than one person* they think of that way.

The overall number of 86% who feel they have one or more personal health care providers is virtually unchanged from prior years. Only in 2014 was a slightly higher rate recorded.



Q3.2. Do you have one person you think of as your personal doctor or health care provider?
(If No): Is there more than one, or is there no person who you think of as your personal doctor or health care provider?

Residents are less likely to have a personal doctor or health care provider if they are younger, self-employed or unemployed, or never married.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	77%	74%	63%	76%	85%	81%	87%	82%
More than one	9%	9%	9%	7%	6%	11%	10%	15%
No	13%	16%	27%	17%	8%	8%	3%	2%
Not sure/Refused	*%	1%	1%	*%	*%	*%	-	*%

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Yes	77%	78%	69%	70%	83%	70%	79%
More than one	9%	8%	6%	8%	12%	16%	13%
No	13%	13%	24%	22%	5%	13%	8%
Not sure/Refused	*%	*%	1%	-	-	*%	-

2018 Marital Status Breakouts	All	Married	Divorced/Separated	Widowed	Never Married	Unmarried Couple
Yes	77%	80%	77%	84%	69%	79%
More than one	9%	8%	10%	15%	10%	3%
No	13%	12%	12%	1%	20%	19%
Not sure/ Refused	*%	*%	1%	-	1%	-

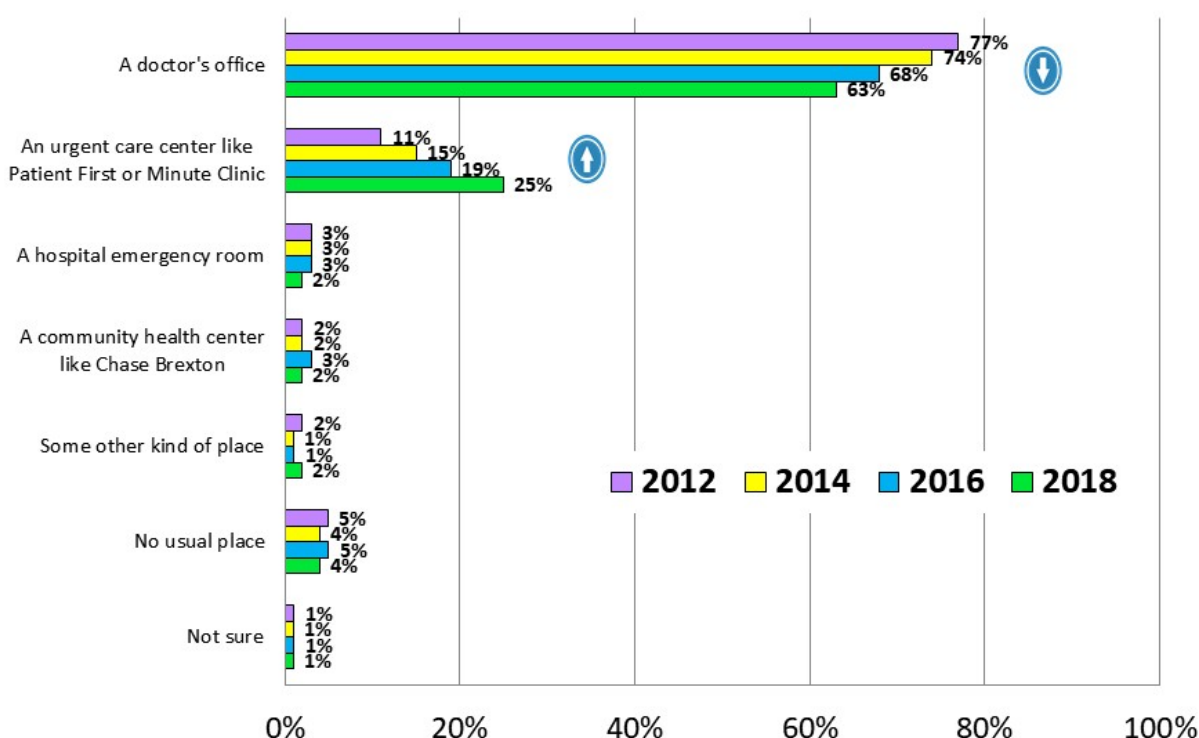
When they are sick or need medical attention, Howard County residents are most likely to go to a doctor's office. The number who would usually visit a doctor's office, however, has declined markedly since 2012, moving from 77% in 2012 to 63% in 2018.

There is a notable migration to urgent care centers, which have increased their share as the place that residents *usually* go when they are sick or need medical attention from 11% in 2012 to 25% of residents in 2018.

Two percent said a hospital emergency room is their usual site of care, 2% usually visit a community health center, and 2% said they usually visit "some other kind of place." Four percent said there is no usual place they go.

Typical Health Care Provider

Asked of all respondents



Q3.3A. When you are sick or need medical attention, to which one of the following places do you usually go?

The propensity to use urgent care centers as the usual source of care is much higher below age 45, reaching as high as 41% in the 25 to 34 age group. Among households with incomes under \$50,000, there is a much higher likelihood of using hospital emergency rooms (7%) or community health centers (7%) compared to the rest of the population.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
A doctor's office	63%	52%	43%	57%	71%	77%	77%	80%
An urgent care center	25%	35%	41%	33%	18%	13%	11%	7%
A hospital emergency room	2%	2%	3%	2%	2%	2%	4%	4%
A community health center	2%	2%	3%	1%	2%	2%	1%	1%
Some other kind of place	2%	4%	*%	1%	2%	2%	2%	3%
No usual place	4%	4%	8%	4%	4%	2%	2%	2%
Not sure/Refused	1%	4%	1%	1%	1%	1%	3%	2%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
A doctor's office	63%	57%	59%	64%	68%	63%
An urgent care center	25%	22%	28%	25%	24%	29%
A hospital emergency room	2%	7%	1%	2%	*%	1%
A community health center	2%	7%	2%	*%	*%	1%
Some other kind of place	2%	3%	1%	2%	1%	2%
No usual place	4%	3%	6%	5%	5%	2%
Not sure/Refused	1%	1%	3%	2%	1%	1%

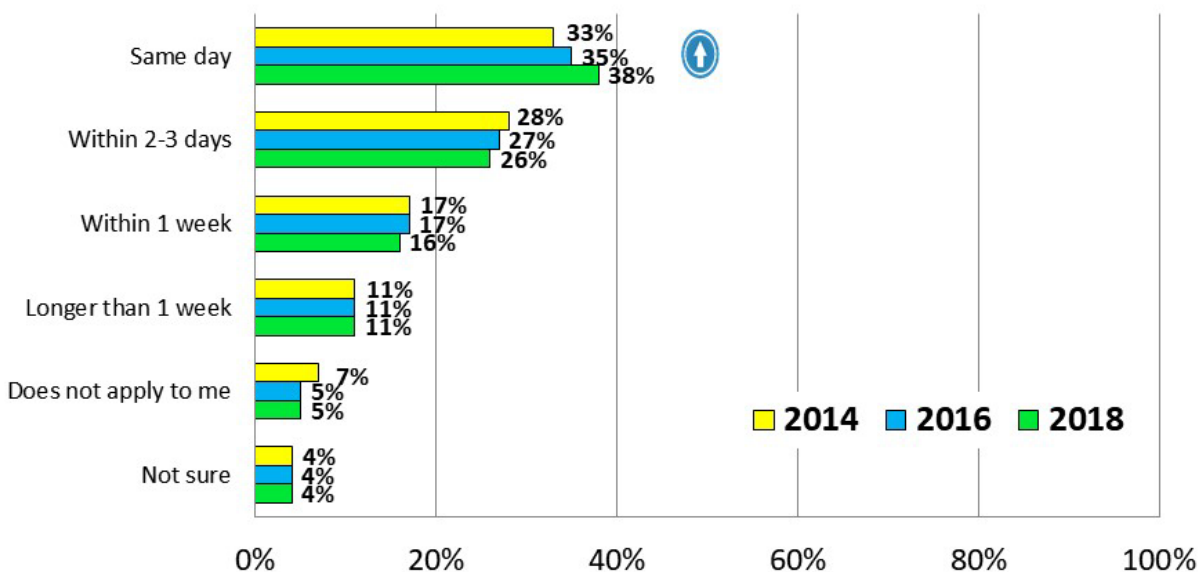
2018 Marital Status Breakouts	All	Married	Divorced/Separated	Widowed	Never Married	Unmarried Couple
A doctor's office	63%	68%	67%	78%	48%	48%
An urgent care center	25%	23%	16%	6%	35%	32%
A hospital emergency room	2%	2%	3%	2%	4%	-
A community health center	2%	1%	3%	1%	3%	-
Some other kind of place	2%	1%	2%	2%	2%	6%
No usual place	4%	3%	3%	7%	6%	14%
Not sure/Refused	1%	1%	6%	3%	1%	-

The last time they visited their primary health care provider for a medical issue they wanted resolved quickly, 38% of residents were able to see their primary health care provider within the same day, an increase from 35% in 2016 and 33% in 2014.

Another 26% were able to see their provider within two to three days. The remainder said they had to wait longer than three days.

Wait for Appointment

Asked of all respondents



Q3.3B. Thinking about your most recent visit to your primary health care provider for a medical issue you wanted resolved quickly, how long did you have to wait between when the appointment was made and when the appointment actually occurred?

(Different answer categories in 2012 make that year's data not comparable.)

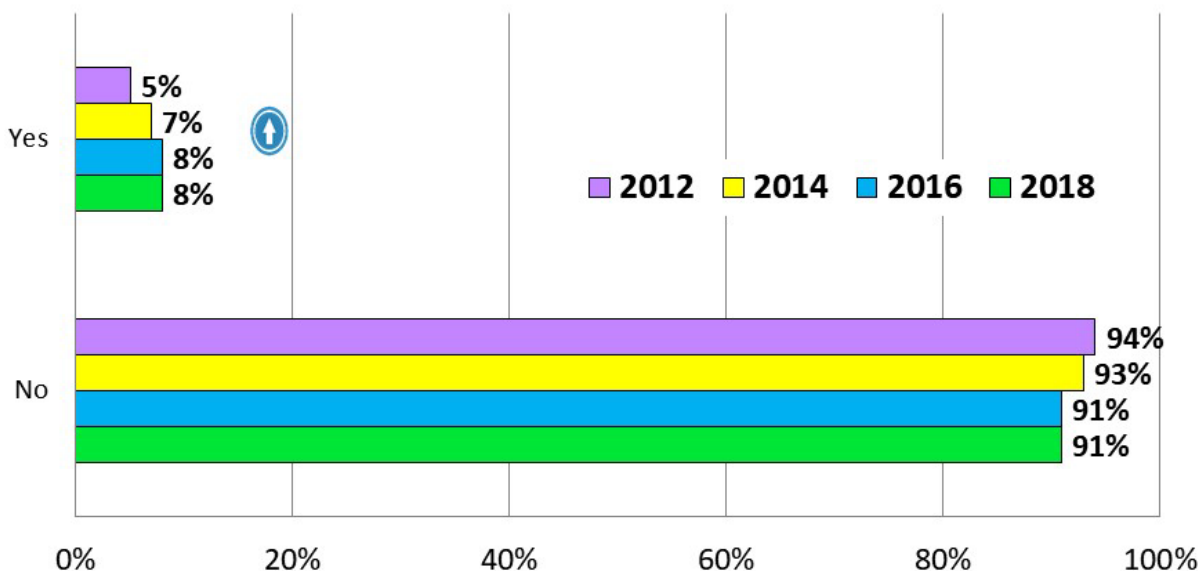
The most significant differences on this question correlate with the age of the respondent. Residents over age 55 are much more likely to be seen on the same day they experience a medical issue that they want resolved quickly.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Same day	38%	28%	37%	39%	38%	43%	40%	47%
Within 2-3 days	26%	26%	27%	27%	27%	24%	25%	20%
Within 1 week	16%	31%	14%	14%	16%	16%	10%	10%
Within 1 month	9%	12%	8%	9%	9%	7%	10%	7%
Longer than 1 month	2%	-	1%	1%	2%	4%	3%	4%
Does not apply to me	5%	2%	8%	5%	2%	4%	5%	7%
Not sure/Refused	4%	1%	4%	5%	5%	3%	6%	6%

Eight percent of residents said there was a time in the past 12 months when they needed to go to an emergency room because they could not get a timely appointment with a doctor. This measure of access is unchanged from 2016, but represents an increase of 3% from the initial measurement in 2012.

Emergency Room Visit in Lieu of Doctor Appointment

Asked of all respondents



Q3.3C. Was there a time in the past 12 months when you needed to go to the emergency room because you could not get a timely appointment with a doctor?

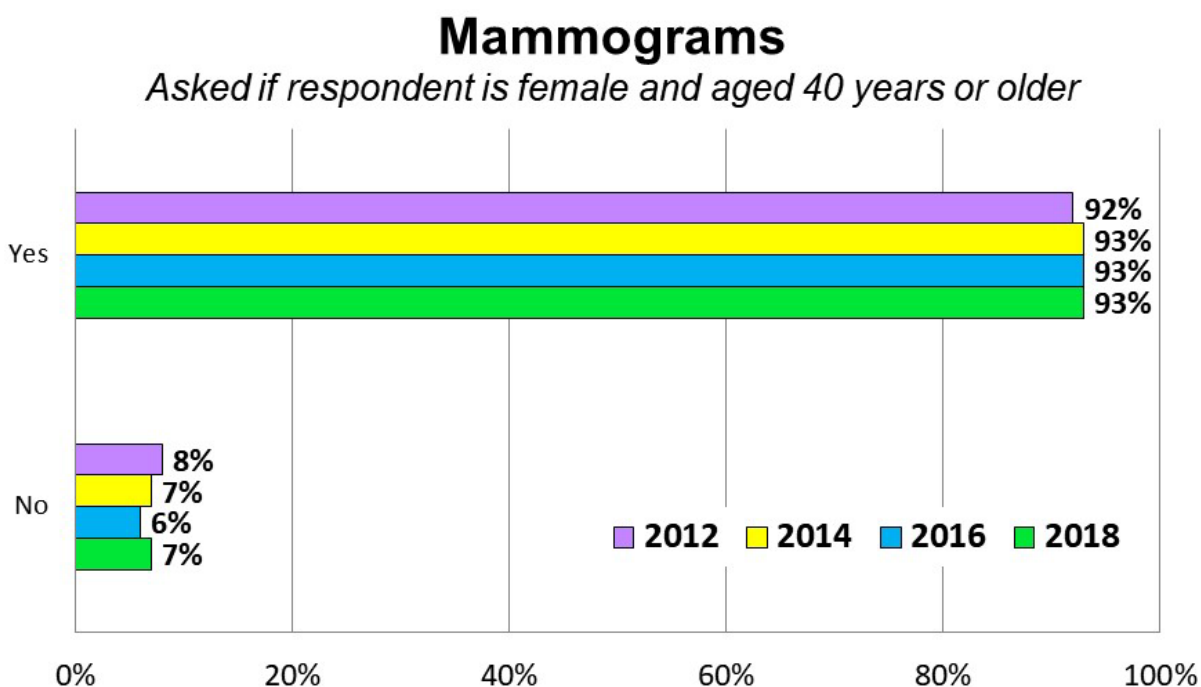
Use of an emergency room in lieu of a doctor is greater among lower income groups, as well as among residents with less than a four-year college degree.

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	8%	14%	10%	6%	6%	6%
No	91%	86%	88%	94%	94%	94%
Not sure/Refused	*%	*%	2%	*%	1%	*%

2018 Education Breakouts	All	Less than High School	High School or GED	Some College	4-Year Degree	Post-graduate
Yes	8%	2%	12%	12%	8%	6%
No	91%	98%	87%	87%	91%	93%
Not sure/Refused	1%	*%	*%	1%	*%	1%

Screenings

Ninety-three percent of women over 40 in Howard County have had a mammogram. This number is virtually unchanged from the preceding surveys.



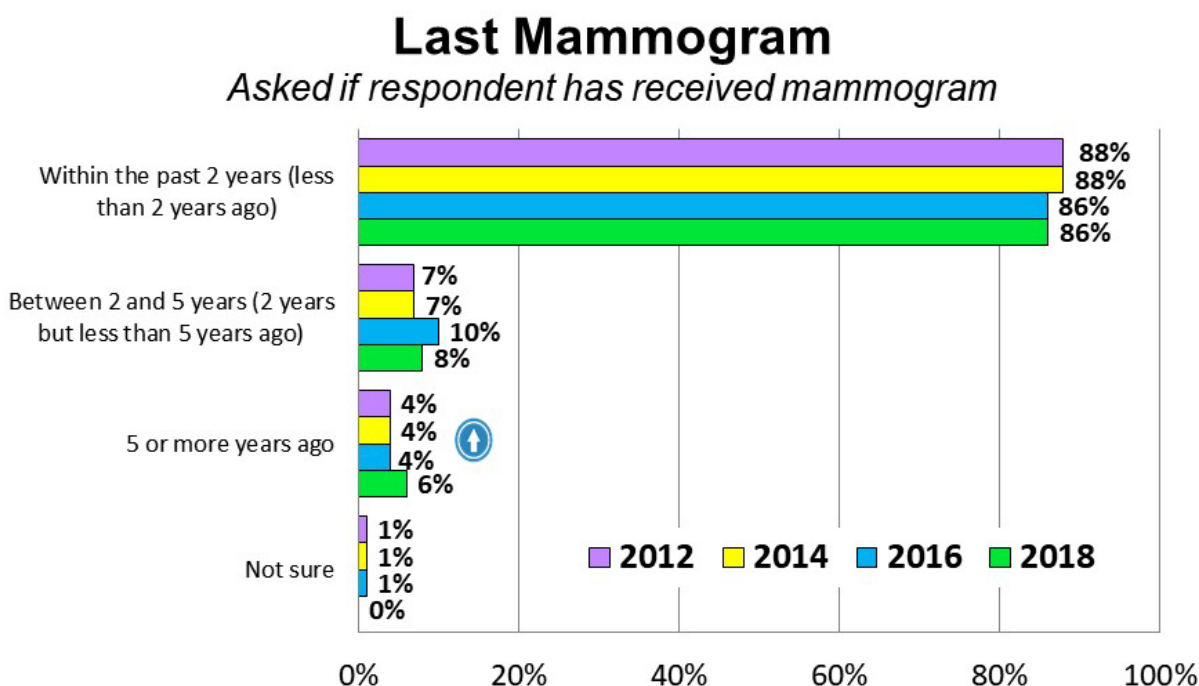
M12.1. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

Women under age 45 are less likely to have had a mammogram, as are those in households earning less than \$50,000 per year. It can be noted that there were no respondents who said they could not remember in response to this question.

2018 Age Breakouts	All	40-44	45-54	55-64	65-74	75+
Yes	93%	83%	92%	95%	99%	96%
No	7%	17%	8%	5%	1%	4%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	93%	83%	91%	96%	96%	92%
No	7%	17%	9%	4%	4%	8%

Eight-six percent of the women who have had a mammogram had it within the prior two years, which is identical to the 86% recorded in 2016, and slightly less than the 88% reported in 2012 and 2014. Eight percent had their last mammogram between two and five years ago, slightly lower than the 10% in 2016. The most recent mammogram has been more than five years ago for 6% of women over age 40, which is an increase over the prior reporting periods.



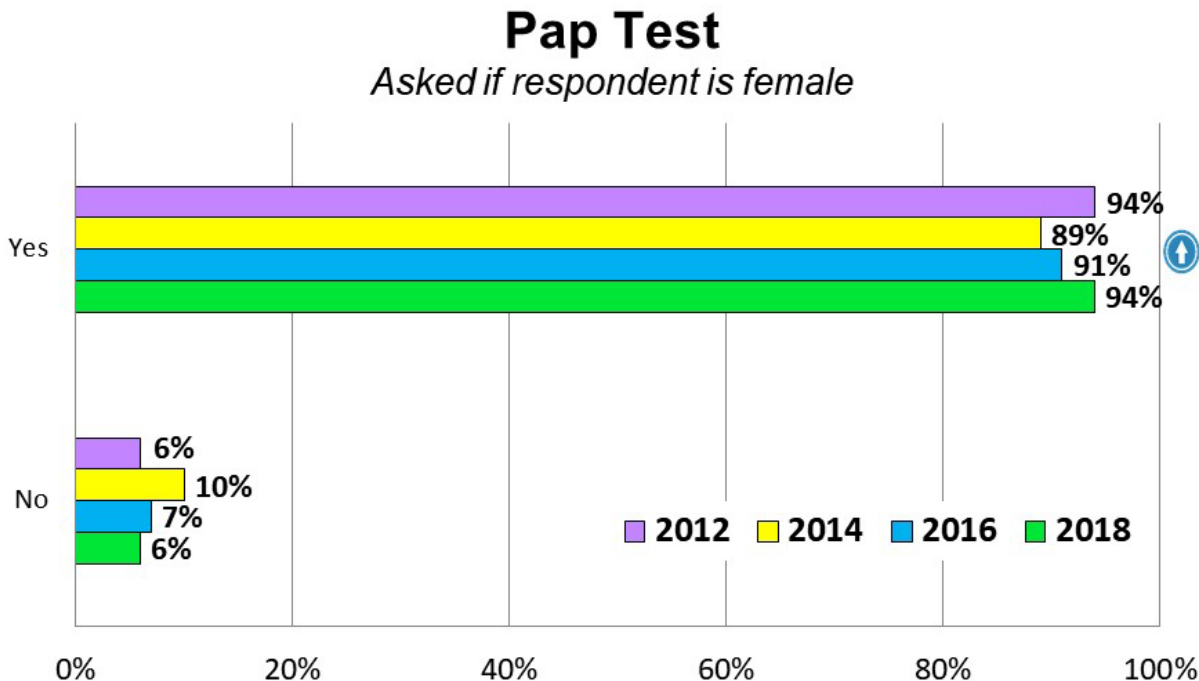
M12.2. How long has it been since you had your last mammogram?

Women under age 45 are more likely to have had a mammogram in the past two years, as are women living in the Elkridge planning area.

2018 Age Breakouts	All	40-44	45-54	55-64	65-74	75+
Within the past 2 years	86%	93%	86%	86%	87%	71%
Between 2 years and 5 years ago	8%	4%	8%	7%	7%	15%
5 or more years ago	6%	2%	7%	6%	6%	12%
Not sure/Refused	*%	-	*%	-	1%	2%

2018 Planning District Breakouts	All	West County	Ellicott City	Columbia	Elkridge	Laurel
Within the past 2 years	86%	84%	83%	86%	95%	88%
Between 2 years and 5 years ago	8%	4%	11%	7%	4%	10%
5 or more years ago	6%	11%	6%	6%	1%	2%
Not sure/Refused	*%	*%	*%	*%	-	-

Ninety-four percent of women in 2018 said they have had a Pap test, which continues the upward trend that began in 2016.



M12.5. A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

Women under age 25, those in the lowest income bracket, those that are unemployed or are students, and those who have never been married are less likely to have had a Pap test. Only a negligible number said they could not remember if they have had a Pap test.

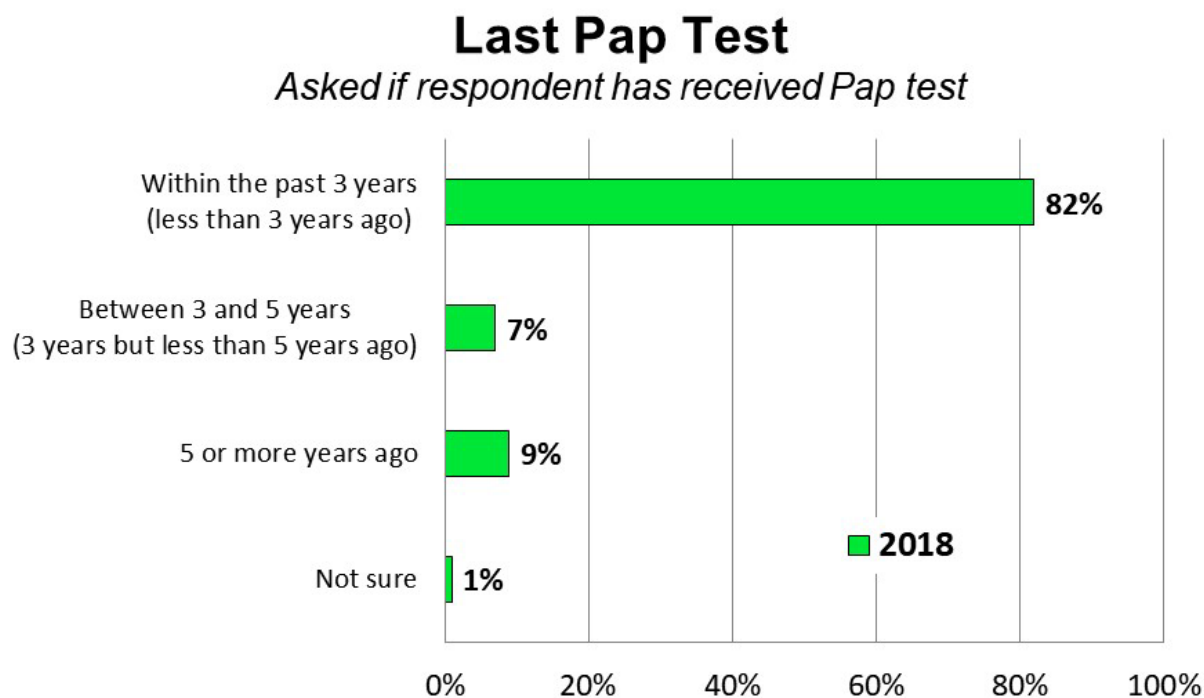
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	94%	62%	92%	96%	95%	92%	95%	98%
No	6%	38%	8%	4%	4%	8%	5%	2%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	94%	84%	95%	94%	97%	95%
No	6%	16%	5%	5%	3%	5%

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Yes	94%	95%	88%	82%	96%	95%	48%
No	6%	5%	12%	18%	4%	3%	52%

2018 Marital Status Breakouts	All	Married	Divorced/Separated	Widowed	Never Married	Unmarried Couple
Yes	94%	95%	95%	94%	86%	100%
No	6%	5%	5%	6%	14%	-

Of the women who have had a Pap test, 82% said their test was within the prior three years. In prior years the answer categories were different, making the data not comparable for trend purposes.



M12.5A. When was your last Pap test?
(Different answer categories in 2018 make trend data not comparable.)

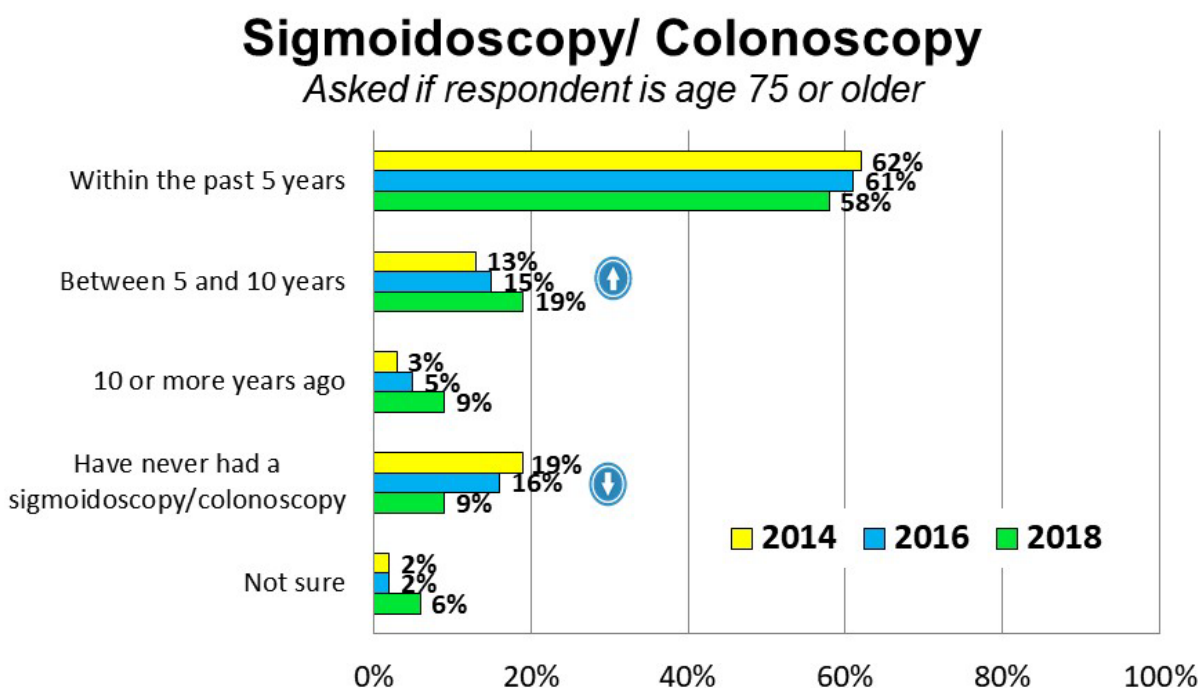
Women are less likely to have had a Pap test in the past three years if they are over age 65, have household income less than \$100,000, or whose highest education level is high school.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Within the past 3 years	82%	100%	86%	93%	87%	80%	58%	46%
3 years but less than 5 years ago	7%	-	9%	4%	6%	8%	14%	7%
5 or more years ago	9%	-	5%	2%	6%	10%	23%	30%
Not sure/Refused	2%	-	-	1%	1%	2%	5%	16%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Within the past 3 years	82%	73%	73%	87%	91%	89%
3 years but less than 5 years ago	7%	10%	12%	6%	5%	3%
5 or more years ago	9%	13%	13%	7%	3%	6%
Not sure/Refused	2%	5%	3%	-	2%	2%

2018 Education Breakouts	All	<HS	HS/GED	Some College	4-Year degree	Grad Work
Within the past 3 years	82%	50%	66%	76%	84%	88%
3 years but less than 5 years ago	7%	35%	14%	9%	6%	4%
5 or more years ago	9%	15%	15%	11%	8%	7%
Not sure/Refused	2%	-	5%	4%	1%	2%

Fifty-eight percent of residents over age 50 have had a sigmoidoscopy or colonoscopy in the last five years, down from 61% in 2016 and 62% in 2014. Different answer categories in 2012 make that year's data not comparable.



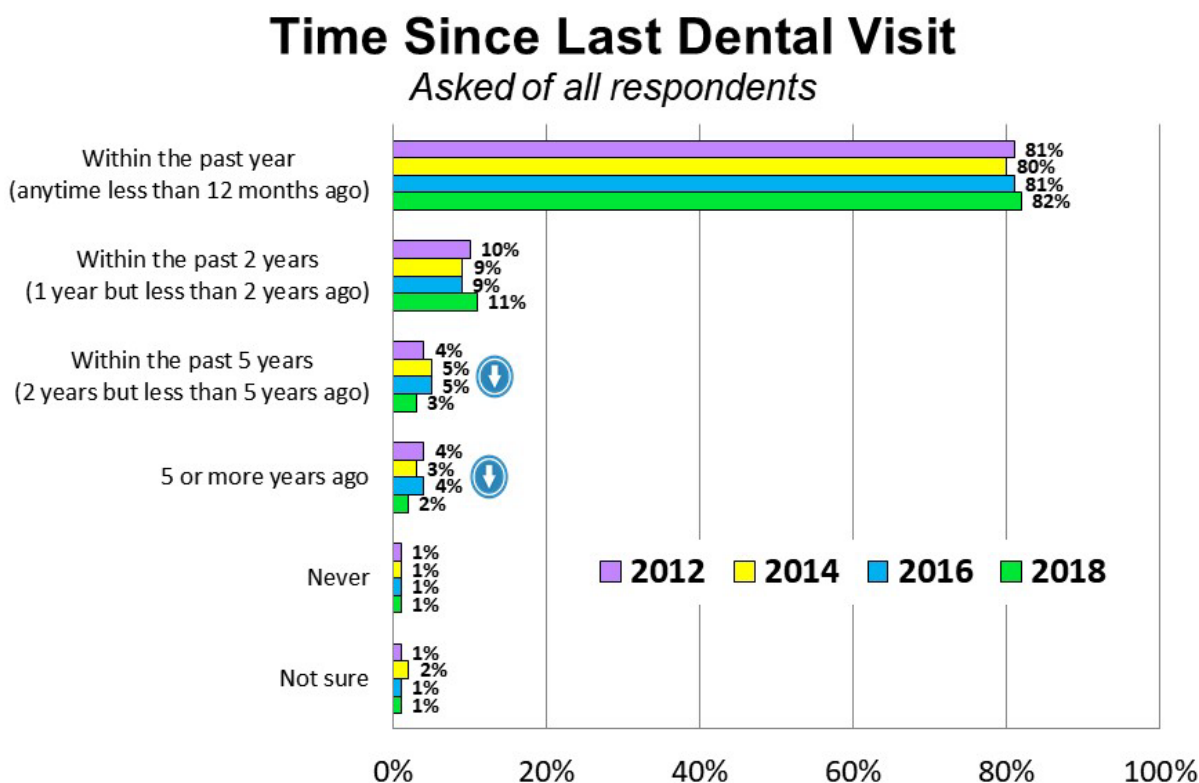
M14.3R. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy?

(Different answer categories in 2012 make trend data not comparable; minimum age for this question raised from 50 to 75 in 2018.)

Due to small subgroup sample sizes for this question, there are no reliable statistical differences to report for this question.

Eighty-two percent of Howard County residents in the 2018 survey have visited a dentist or dental clinic within the last 12 months. This is on a par with prior reporting periods.

Eleven percent had a dental visit between one and two years ago, and 3% had their last dental visit between two and five years ago. Two percent said their most recent dental visit was more than five years ago, and 1% said they have never had a dental visit.



ORAL1. How long has it been since you last visited a dentist or a dental clinic for any reason?
Include visits to dental specialists, such as orthodontists.

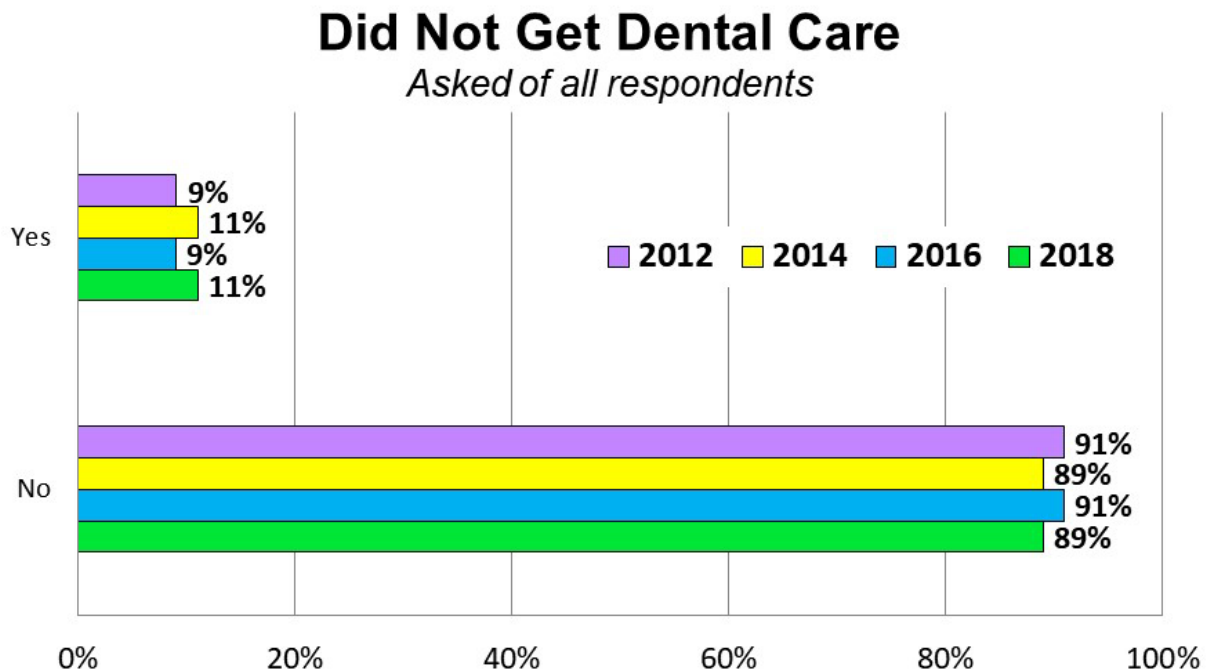
Residents are less likely to have had a dental visit in the past 12 months if they live in Elkridge, earn less than \$50,000, or have less than a four-year college degree.

2018 Planning District Breakouts	All	West County	Ellicott City	Colombia	Elkridge	Laurel
Within the past year	82%	85%	87%	81%	74%	82%
1 year but less than 2 years ago	11%	10%	8%	11%	19%	10%
2 years but less than 5 years ago	3%	1%	3%	3%	2%	4%
5 or more years ago	2%	2%	1%	3%	3%	1%
Never	1%	*%	1%	2%	2%	2%
Not sure/ Refused	1%	2%	*%	*%	*%	1%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Within the past year	82%	68%	81%	79%	89%	93%
1 year but less than 2 years ago	11%	18%	12%	14%	4%	6%
2 years but less than 5 years ago	3%	5%	3%	3%	4%	1%
5 or more years ago	2%	5%	2%	2%	2%	-
Never	1%	4%	1%	1%	1%	-
Not sure/ Refused	1%	*%	1%	-	-	-

2018 Education Breakouts	All	<HS	HS/GED	Some College	4-Year degree	Grad Work
Within the past year	82%	64%	75%	76%	82%	89%
1 year but less than 2 years ago	11%	10%	10%	16%	12%	6%
2 years but less than 5 years ago	3%	4%	4%	3%	3%	2%
5 or more years ago	2%	8%	5%	3%	1%	2%
Never	1%	1%	5%	2%	1%	1%
Not sure/ Refused	1%	13%	1%	*%	*%	*%

Eleven percent of residents said they had a dental problem in the prior 12 months where they would have liked to have seen a dentist but did not do so. This is an increase from the 9% reported in 2016, but on a par with the number reported in 2014.



ORAL2. During the last 12 months, have you had a dental problem which you would have liked to see a dentist about but you didn't see the dentist?

Residents are more likely to have put off seeing a dentist if they live in the Columbia Planning District, are younger than 35, are Hispanic, earn less than \$50,000, or are self-employed or unemployed.

2018 Planning District Breakouts	All	West County	Ellicott City	Colombia	Elk Ridge	Laurel
Yes	11%	10%	5%	14%	13%	10%
No	89%	89%	95%	85%	87%	89%
Not sure/ Refused	*%	*%	*%	*%	-	1%

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	11%	16%	19%	8%	8%	6%	7%	8%
No	89%	84%	81%	92%	91%	94%	93%	91%
Not sure/ Refused	*%	-	-	-	*%	*%	-	1%

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	11%	8%	14%	15%	24%	13%
No	89%	92%	86%	85%	76%	85%
Not sure/ Refused	*%	*%	*%	-	1%	2%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	11%	28%	12%	12%	3%	4%
No	89%	72%	88%	88%	97%	96%
Not sure/ Refused	*%	-	-	-	*%	*%

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Yes	11%	9%	20%	19%	7%	12%	12%
No	89%	91%	79%	81%	93%	88%	88%
Not sure/Refused	*%	*%	2%	-	1%	-	-

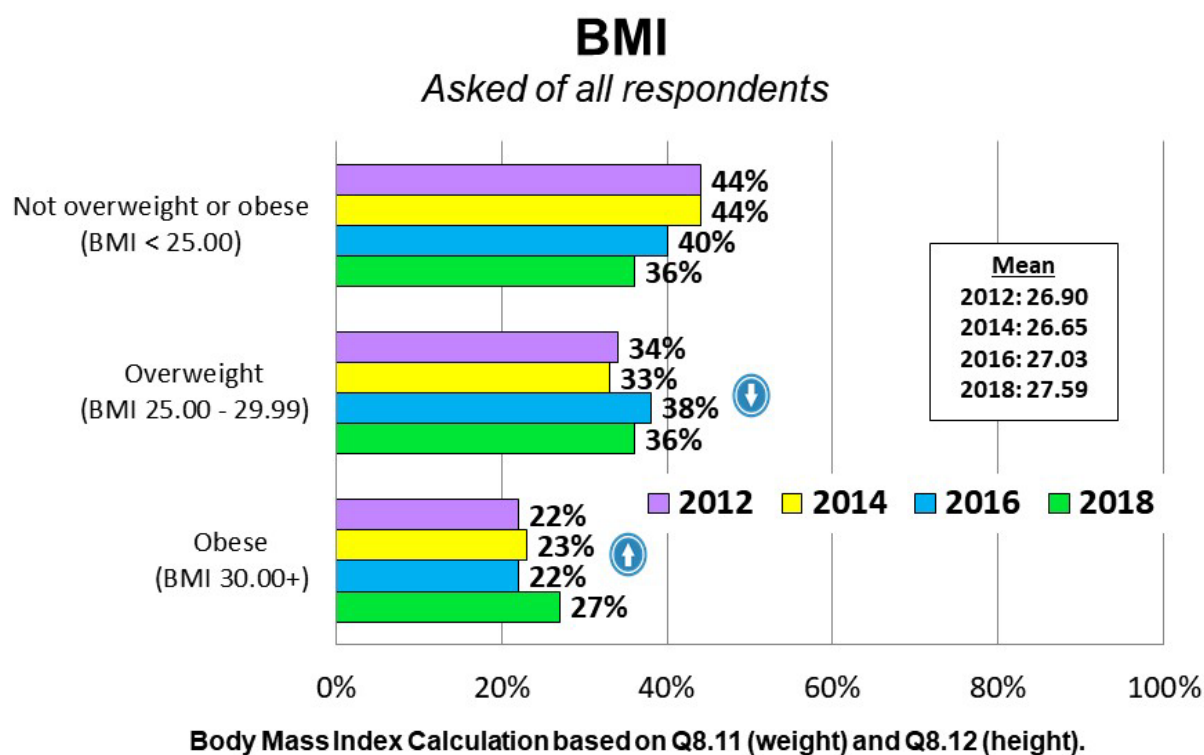
Obesity & Healthy Living

The Obesity & Healthy Living Section includes a calculated average Body Mass Index (BMI) for Howard County based on survey responses, questions about consumption of fruits and vegetables, physical activity, and consumption of sugary drinks.

Obesity

Based on survey questions about residents' height and weight, 36% of the Howard County population is overweight and 27% is obese. Taken together, 63% of the County's adult population is overweight or obese, which is up from 60% in 2016 and 56% in both 2012 and 2014.

The average BMI for the County is 27.59, which has also increased from 2014 and 2016.



Residents with a higher BMI live in the ElkrIDGE or Laurel planning areas, are between the ages of 55 and 74, are African-American, earn less than \$50,000, or are unemployed.

2018 Planning District Breakouts	All	West County	Ellicott City	Colombia	ElkrIDGE	Laurel
Underweight (<18.5)	2%	3%	2%	1%	1%	1%
Normal (18.5 – 24.9)	35%	32%	43%	35%	30%	20%
Overweight (25.0 – 29.9)	36%	34%	34%	36%	36%	49%
Obese (30.0 or more)	27%	31%	21%	29%	34%	29%
Mean	27.6	27.8	26.4	27.6	29.1	29.0

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Underweight (<18.5)	2%	6%	1%	1%	1%	1%	2%	1%
Normal (18.5 – 24.9)	35%	56%	31%	34%	32%	27%	32%	36%
Overweight (25.0 – 29.9)	36%	23%	40%	38%	39%	39%	32%	39%
Obese (30.0 or more)	27%	15%	28%	27%	29%	34%	35%	24%
Mean	27.6	24.8	28.1	27.7	27.9	28.6	28.4	26.9

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Underweight (<18.5)	2%	2%	*%	2%	*%	1%
Normal (18.5 – 24.9)	35%	34%	24%	55%	26%	34%
Overweight (25.0 – 29.9)	36%	35%	43%	30%	44%	30%
Obese (30.0 or more)	27%	29%	32%	12%	30%	35%
Mean	27.6	27.8	28.6	25.1	28.3	27.6

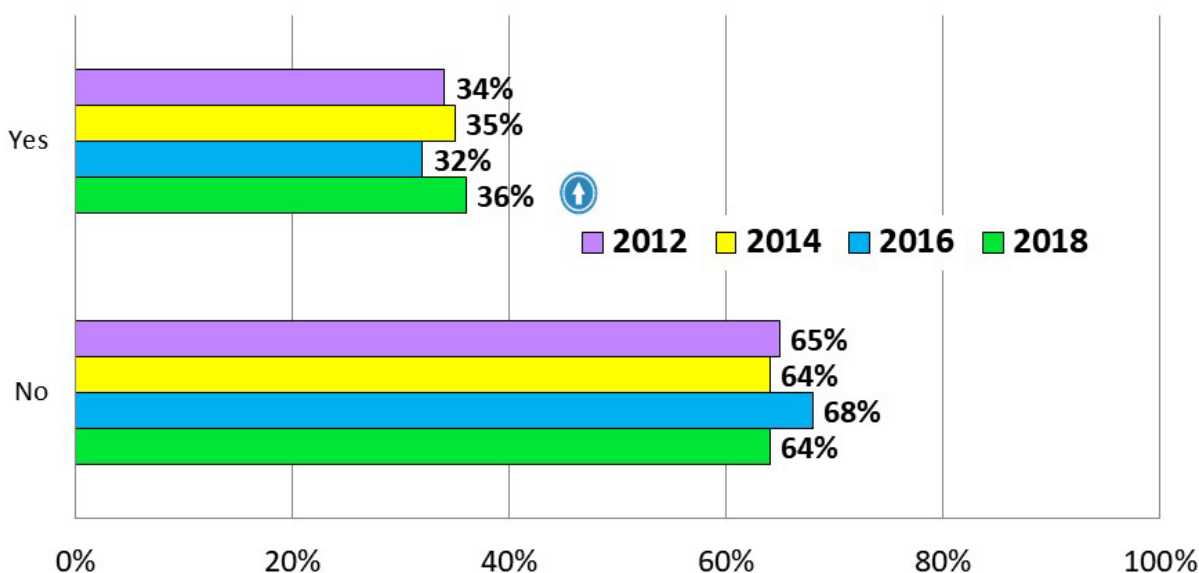
2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Underweight (<18.5)	2%	*%	1%	2%	3%	2%
Normal (18.5 – 24.9)	35%	30%	31%	36%	33%	40%
Overweight (25.0 – 29.9)	36%	33%	40%	33%	36%	37%
Obese (30.0 or more)	27%	36%	27%	30%	28%	22%
Mean	27.6	28.5	27.7	27.7	27.6	27.3

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Underweight (<18.5)	2%	1%	1%	4%	2%	1%	8%
Normal (18.5 – 24.9)	35%	35%	37%	16%	31%	33%	53%
Overweight (25.0 – 29.9)	36%	37%	39%	36%	39%	35%	28%
Obese (30.0 or more)	27%	28%	24%	45%	29%	31%	11%
Mean	27.6	27.7	27.2	29.7	27.8	29.0	23.9

More than one-third (36%) of residents said they have been advised by a doctor to lose weight in the preceding five years. This number is higher than that reported in the three prior surveys.

Advised by Doctor to Lose Weight

Asked of all respondents



Q8.12A. Have you been advised by your doctor in the last five years to lose weight?

2012 and 2014 wording: Have you ever been advised by your doctor to lose weight?

Residents are more likely to have been advised by a doctor to lose weight if they are between the ages of 55 and 74, or are divorced or part of an unmarried couple.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	36%	24%	35%	35%	38%	46%	44%	23%
No	64%	76%	65%	65%	61%	54%	55%	76%
Not sure/ Refused	*%	-	-	*%	*%	-	1%	*%

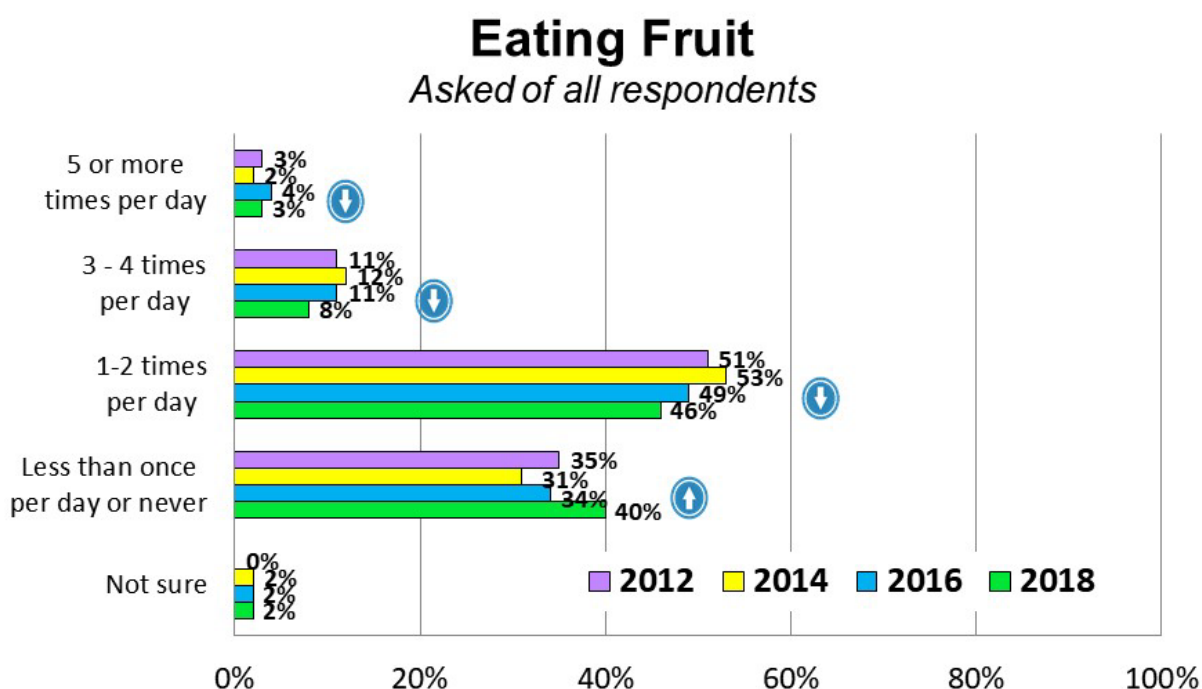
2018 Marital Status Breakouts	All	Married	Divorced	Widowed	Never Married	Unmarried Couple
Yes	36%	36%	46%	28%	31%	67%
No	64%	64%	54%	72%	69%	32%
Not sure/ Refused	*%	*%	-	-	-	2%

2018 BMI Breakouts	All	Underweight (<18.5)	Normal (18.5 – 24.9)	Overweight (25.0 – 29.9)	Obese (30.0+)
Yes	36%	13%	7%	36%	72%
No	64%	87%	93%	64%	28%
Not sure/ Refused	*%	-	-	*%	*%

Fruit and Vegetable Consumption

Fifty-seven percent of Howard County residents said they eat fruit at least once a day. Of those, 3% eat fruit five or more times a day, 8% eat it three to four times daily, and 46% eat fruit one or two times a day. Note that numbers will not always appear to add correctly due to rounding.

Daily fruit consumption by 57% of residents is significantly lower than prior reporting periods (64% in 2016, 67% in 2014 and 65% in 2012).



Q9.2R. During the past week, not counting juice, how many times did you eat fruit? Count fresh, frozen, or canned fruit.

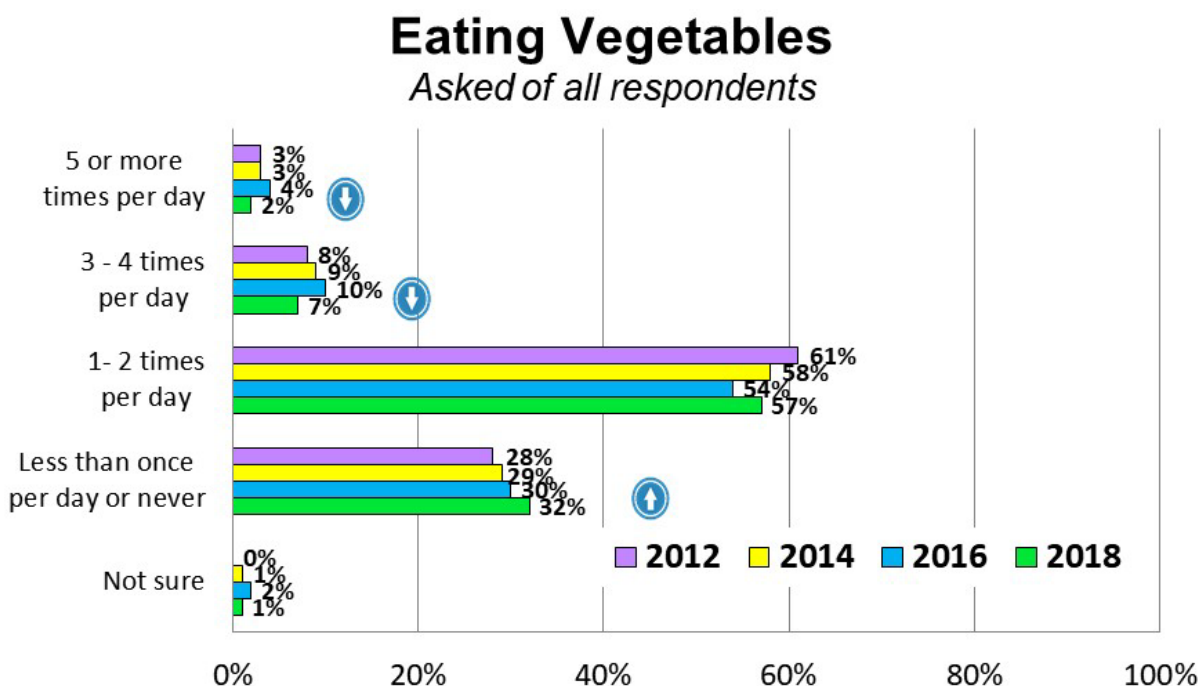
Daily fruit consumption is significantly lower in households earning less than \$100,000 a year, and among residents who are divorced, widowed, never married, or part of an unmarried couple.

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
5 or more times per day	3%	2%	2%	3%	3%	3%
3 but less than 5 times per day	8%	5%	9%	8%	8%	11%
1 but less than 3 times per day	46%	42%	40%	51%	48%	51%
Total Daily	57%	50%	52%	62%	60%	64%
Less than once per day	34%	37%	40%	31%	34%	31%
Never/ Not sure	8%	14%	8%	7%	6%	5%

2018 Marital Status Breakouts	All	Married	Divorced	Widowed	Never Married	Unmarried Couple
5 or more times per day	3%	3%	2%	2%	2%	-
3 but less than 5 times per day	8%	9%	10%	7%	8%	-
1 but less than 3 times per day	46%	50%	36%	43%	41%	48%
Total Daily	57%	62%	48%	51%	51%	48%
Less than once per day	34%	31%	38%	37%	38%	50%
Never/ Not sure	8%	7%	14%	12%	11%	2%

Sixty-six percent of residents eat vegetables at least once a day. Two percent of residents eat vegetables five or more times daily, 7% eat them three or four times a day, and 57% eat vegetables one or two times daily.

Similar to the number of residents who eat fruit at least once a day, daily vegetable consumption continues to trend downward in Howard County (72% in 2012, 70% in 2014, 68% in 2016, 66% in 2018).



Q9.4R. During the past week, how many times did you eat vegetables that were not fried? Do not include rice or other grains.

African-American residents, people living in households earning less than \$50,000 per year, and widowed or never married residents are less likely to eat vegetables daily.

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
5 or more times per day	2%	2%	2%	1%	2%	6%
3 but less than 5 times per day	7%	9%	7%	4%	2%	5%
1 but less than 3 times per day	57%	58%	48%	62%	57%	63%
Total Daily	66%	69%	57%	68%	61%	74%
Less than once per day	30%	28%	40%	26%	36%	23%
Never/ Not sure	3%	3%	3%	6%	2%	2%

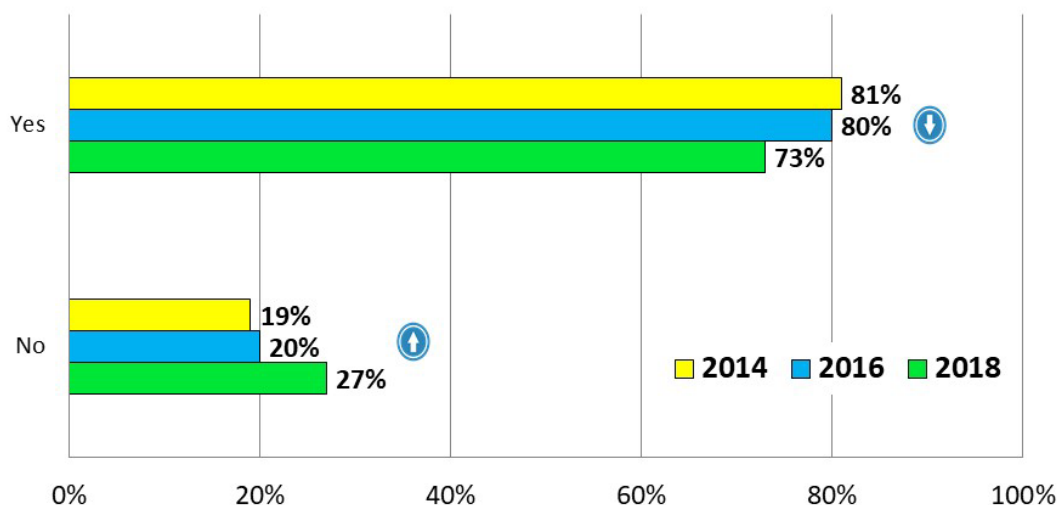
2018 Income Breakouts	All	<\$50,000	\$50,000- \$99,999	\$100,000- \$149,999	\$150,000- \$199,999	\$200,000+
5 or more times per day	2%	1%	2%	3%	3%	2%
3 but less than 5 times per day	7%	4%	6%	8%	11%	7%
1 but less than 3 times per day	57%	49%	56%	61%	55%	63%
Total Daily	66%	54%	63%	72%	69%	72%
Less than once per day	30%	40%	34%	26%	27%	26%
Never/ Not sure	3%	6%	3%	1%	2%	2%

2018 Marital Status Breakouts	All	Married	Divorced	Widowed	Never Married	Unmarried Couple
5 or more times per day	2%	3%	2%	3%	1%	-
3 but less than 5 times per day	7%	8%	6%	7%	6%	-
1 but less than 3 times per day	57%	59%	53%	45%	54%	59%
Total Daily	66%	70%	61%	56%	61%	59%
Less than once per day	30%	27%	34%	35%	36%	41%
Never/ Not sure	3%	3%	6%	9%	3%	-

Physical Activity

Seventy-three percent of residents undertook physical activities such as running, golf, swimming, yard work, or walking for exercise during the week prior to the survey. This represents a decrease from the 80% of residents in 2016 and the 81% in 2014 who said they had undertaken such physical activities. This question was not asked in 2012.

Physical Activities Asked of all respondents



Q10.1A. During the past week, other than your regular job, did you do any physical activities or exercise such as running, golf, swimming, yard work, or walking for exercise?
(Question not asked in 2012)

Residents are more likely to have engaged in physical activity or exercise in the past week if they are male, aged 18 to 24, or earn more than \$100,000 per year.

2018 Gender Breakouts	All	Male	Female
Yes	73%	79%	67%
No	27%	21%	33%
Not sure/ Refused	*%	-	*%

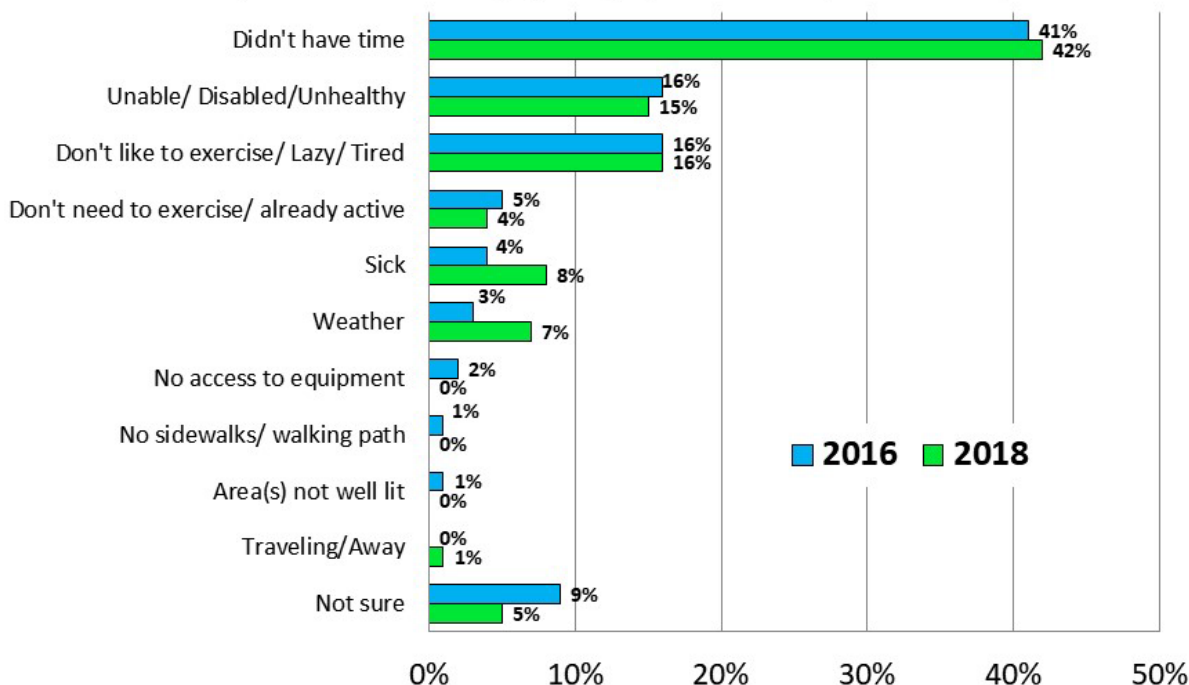
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	73%	81%	73%	71%	75%	73%	67%	58%
No	27%	19%	27%	29%	25%	27%	32%	42%
Not sure/ Refused	*%	-	-	-	-	-	*%	-

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	73%	62%	69%	77%	75%	83%
No	27%	38%	31%	23%	25%	17%
Not sure/ Refused	*%	-	-	-	-	-

When residents who had not engaged in physical exercise were asked what was the main reason, the largest number (42%) said it was because they felt they did not have time. The next leading responses were physically unable or disabled (15%) or residents who said they just did not like exercise or considered themselves too “lazy” or too tired (16%). Other barriers scored much lower: feeling that they do not need exercise because they are already active (4%), being sick (8%), or poor weather (7%). This question was not asked in 2012 or 2014.

Reason for No Physical Activity

Asked if respondent didn't engage in physical activity within the past week

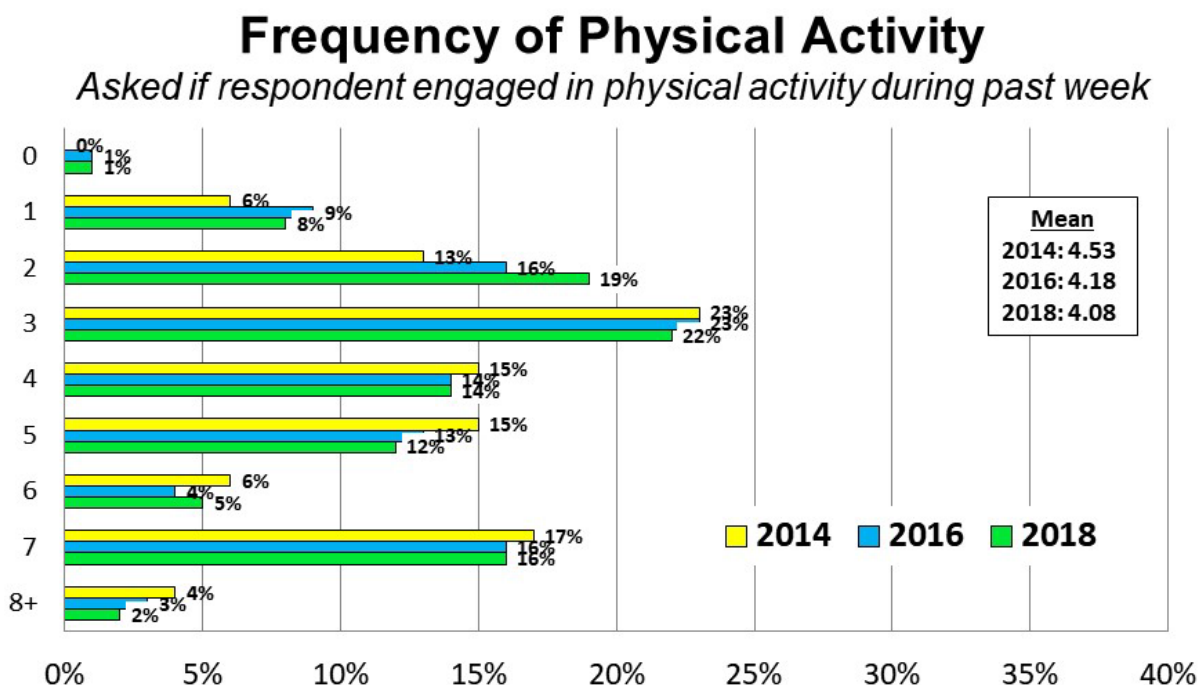


Q10.1B. What was the main reason you did not engage in physical activity?
(Question not asked in 2012 or 2014)

Barriers to physical exercise vary somewhat based on age.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Didn't have time	42%	37%	44%	68%	46%	32%	26%	9%
Don't need exercise/am active	4%	9%	-	2%	8%	2%	3%	7%
Don't like to exercise/Lazy/Tired	16%	17%	19%	5%	20%	26%	13%	16%
Weather	7%	4%	8%	10%	3%	11%	7%	2%
Unable/Disabled/Health/Old	15%	3%	11%	7%	7%	18%	38%	42%
Sick	8%	10%	17%	2%	6%	3%	6%	9%
Other	1%	-	1%	-	4%	2%	3%	3%
Not sure/ Refused	6%	19%	-	5%	5%	6%	5%	12%

Among those who said they had taken part in physical exercise during the prior week, the average (mean) number of times was 4.08. This is slightly lower than the 4.18 measured in 2016, and significantly lower than the 4.53 measured in 2014.



Q10.2A. During the past week, how many times did you take part in this activity?
(Question not asked in 2012)

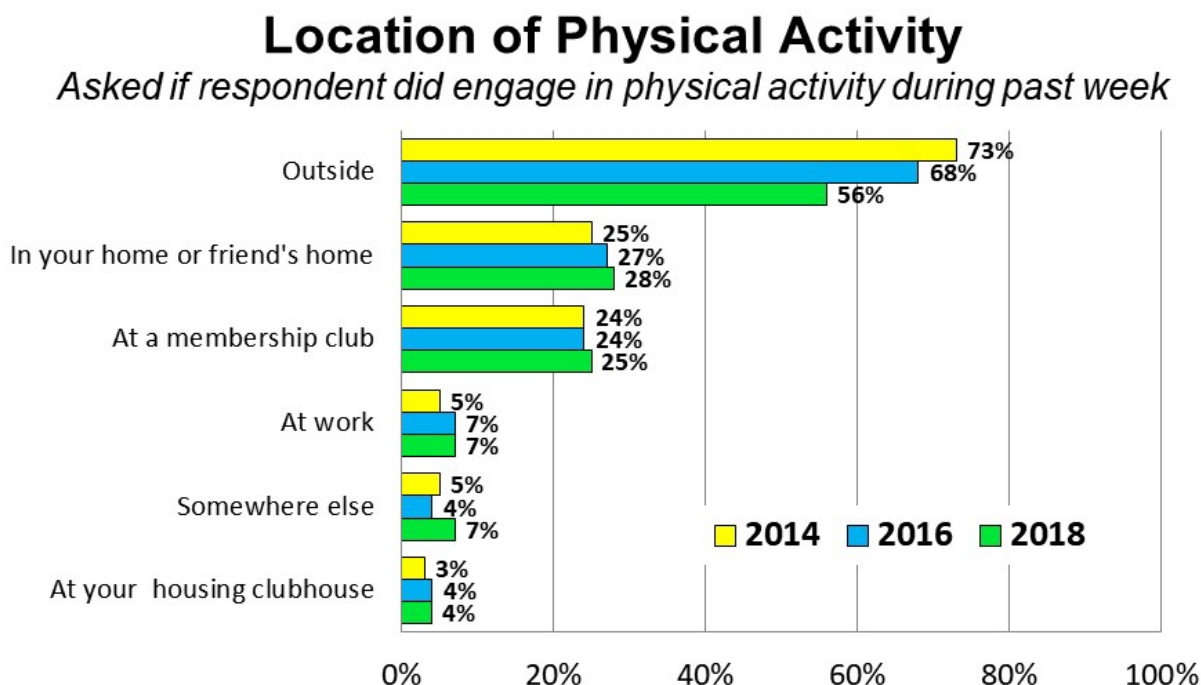
While the incidence of physical activity for exercise is lower among older residents, those who do so, exercise more frequently than other age groups. That phenomenon is duplicated among lower-income residents.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
0/Never	1%	-	5%	-	1%	1%	1%	1%
1	8%	4%	11%	9%	7%	8%	9%	9%
2	19%	23%	16%	22%	21%	22%	14%	13%
3	22%	18%	26%	28%	19%	16%	21%	20%
4	14%	9%	15%	15%	14%	16%	9%	13%
5	12%	16%	9%	10%	15%	14%	12%	14%
6	5%	2%	4%	4%	4%	7%	6%	7%
7	16%	24%	14%	9%	15%	15%	22%	17%
8+	2%	-	2%	1%	4%	1%	6%	5%
Not sure/ Refused	1%	2%	-	2%	-	-	1%	2%
Mean	4.08	4.17	3.93	3.57	4.23	4.00	4.57	4.59

2018 Income Breakouts	All	<\$50,000	\$50,000- \$99,999	\$100,000- \$149,999	\$150,000- \$199,999	\$200,000+
0/Never	1%	3%	-	1%	-	*%
1	8%	9%	9%	9%	7%	6%
2	19%	15%	20%	22%	21%	20%
3	22%	21%	22%	20%	27%	20%
4	14%	7%	18%	11%	13%	17%
5	12%	11%	8%	16%	13%	14%
6	5%	3%	6%	3%	5%	6%
7	16%	28%	14%	15%	12%	13%
8+	2%	3%	2%	2%	3%	1%
Not sure/ Refused	1%	1%	*%	*%	-	2%
Mean	4.08	4.66	3.92	4.04	3.92	3.99

Considering *where* they did their exercise, most residents (56%) exercised outdoors, followed by at home or a friend's home (28%), at a membership club (25%), or at work (7%). The number of residents exercising outdoors in 2018 is significantly lower than in the prior two reporting periods, and may partly reflect the later time of year when many of the survey interviews were conducted in 2018.

Note that residents could choose more than one of these, so the percentages will add to more than 100%. The responses of "somewhere else" included community or recreation centers, private facilities, schools, healthcare facilities, and others.



Q10.3A. Where did you do these activities?
(Results total more than 100% because multiple answers were accepted.)

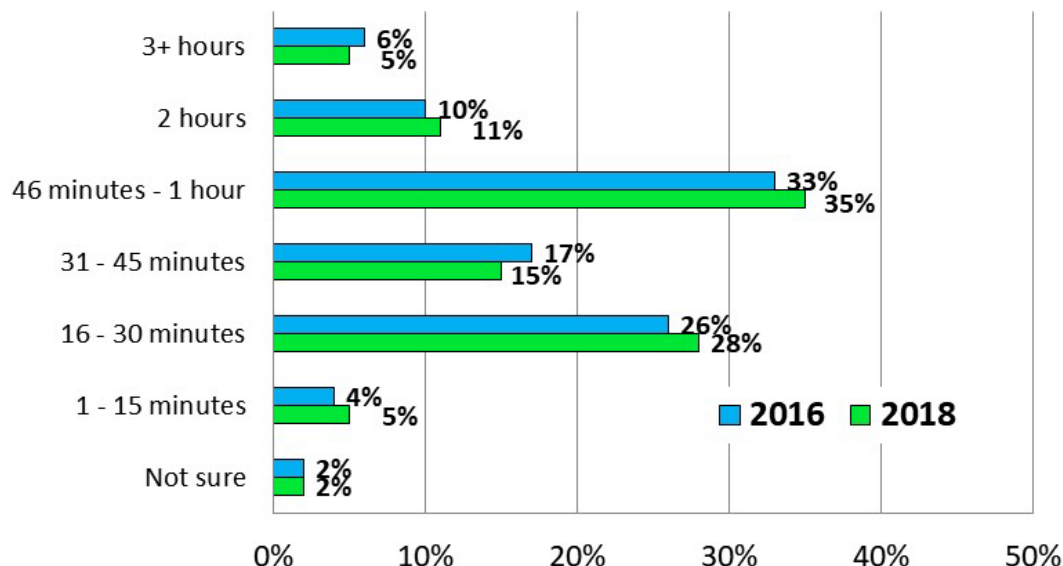
The location of physical activity varies significantly by age.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Outside	56%	41%	50%	52%	61%	67%	67%	51%
In your home or friend's home	28%	21%	28%	31%	28%	25%	24%	36%
At a membership club	25%	26%	28%	26%	28%	22%	23%	18%
At work	7%	5%	7%	10%	9%	7%	1%	5%
At your housing clubhouse	4%	6%	5%	5%	2%	4%	2%	5%
Somewhere else	18%	36%	9%	15%	14%	19%	23%	32%

On average (median), residents spent between 45 minutes and one hour on each occasion they were engaged in physical activity for exercise. This is similar to the result in 2016.

Duration of Physical Activity

Asked if respondent did engage in physical activity during past week



Q10.3B. And each time you took part in this activity, for how many minutes or hours did you usually keep at it?
(Not asked in 2012 or 2014.)

The duration of that activity varied significantly based on a person's age and household income.

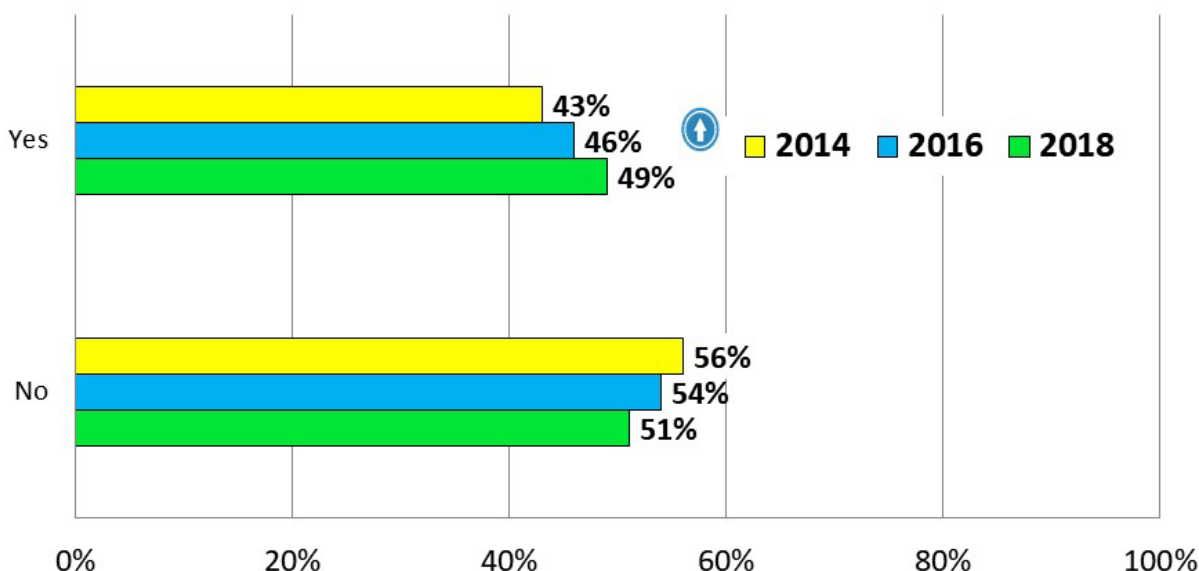
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
1 – 15 minutes	5%	7%	5%	2%	4%	6%	8%	11%
16 – 30 minutes	28%	25%	26%	27%	32%	29%	25%	27%
31 – 45 minutes	15%	6%	9%	21%	18%	18%	15%	13%
46 minutes – 1 hour	35%	35%	39%	35%	35%	30%	34%	26%
2 hours	11%	23%	14%	8%	7%	10%	9%	9%
3+ hours	5%	4%	3%	5%	3%	7%	6%	11%
Not sure/ Refused	2%	*%	5%	2%	2%	1%	2%	4%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
1 – 15 minutes	5%	6%	3%	9%	3%	4%
16 – 30 minutes	28%	35%	26%	26%	32%	23%
31 – 45 minutes	15%	4%	12%	14%	22%	19%
46 minutes – 1 hour	35%	35%	40%	32%	33%	37%
2 hours	11%	10%	12%	13%	7%	12%
3+ hours	5%	6%	6%	4%	3%	5%
Not sure/ Refused	2%	4%	1%	3%	*%	1%

In the week prior to the survey, 49% of residents did physical activities to strengthen their muscles such as yoga, sit-ups or push-ups, weight machines, free weights, or elastic bands. This is an increase from 46% in 2016 and 43% in 2014. This question was not asked in 2012.

Physical Activities to Strengthen Muscles

Asked of all respondents



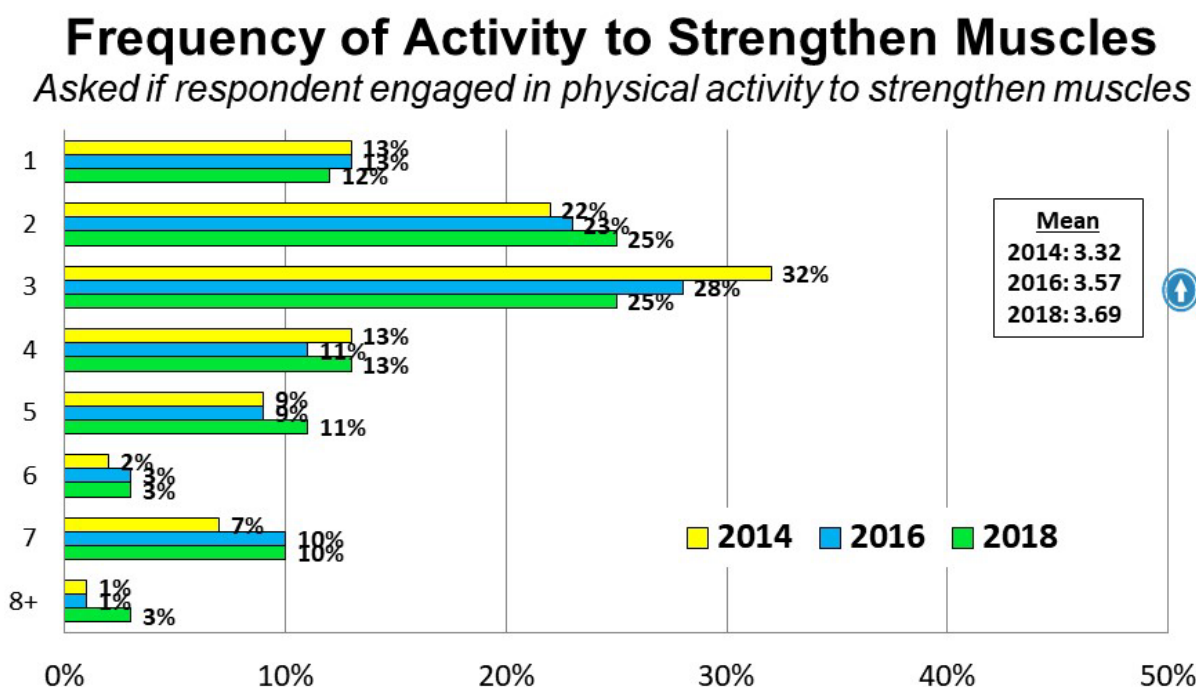
Q10.4A. During the past week, did you do physical activities or exercises to strengthen your muscles? Count activities using your own body weight like yoga, sit-ups or push-ups, or weight machines, free weights, or elastic bands.
(Question not asked in 2012)

Residents are more likely to engage in physical activities or exercises to strengthen muscles if they are male, under the age of 25, or upper-income.

2018 Gender Breakouts	All	Male	Female
Yes	49%	54%	44%
No	51%	46%	56%
Not sure/ Refused	*%	*%	*%

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	49%	69%	46%	48%	50%	44%	40%	32%
No	51%	31%	54%	52%	49%	56%	59%	68%
Not sure/ Refused	*%	-	-	*%	*%	-	*%	-

Among those who said they had taken part in physical activities or exercises to strengthen their muscles during the prior week, the average (mean) number of times was 3.69, which is an increase from the 3.57 recorded in 2016 and the 3.32 recorded in 2014.



Q10.5A. During the past week, how many times did you take part in this activity?
(Question not asked in 2012)

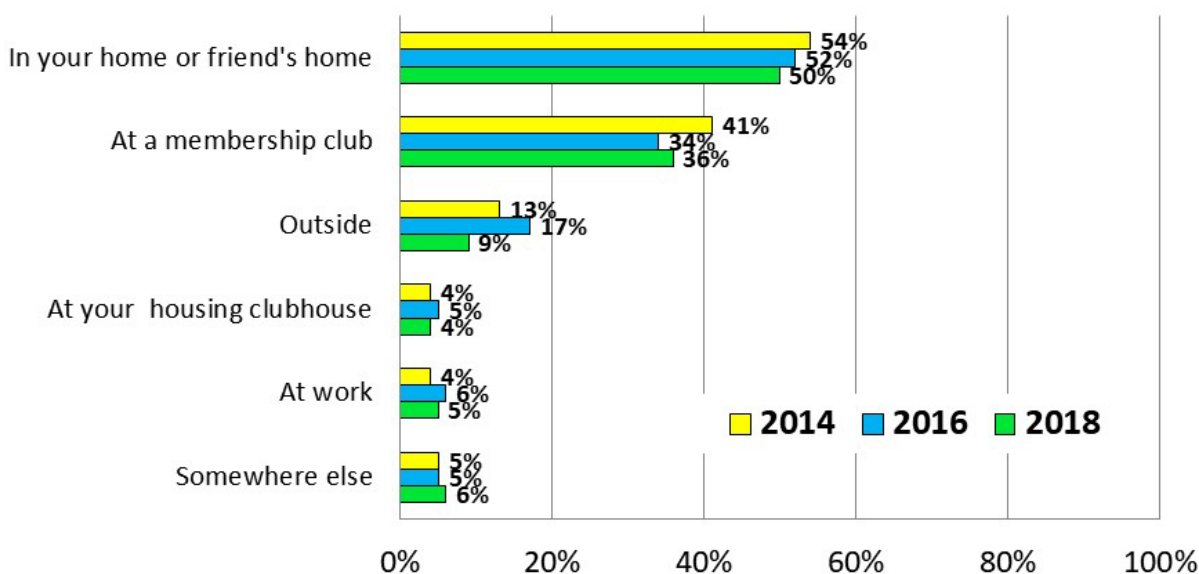
Among those who took part in these activities, the frequency was greater among the youngest and oldest participants.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
0/ Never	-	-	-	-	-	-	-	-
1	12%	9%	11%	16%	10%	14%	9%	14%
2	25%	16%	23%	27%	33%	25%	21%	17%
3	25%	25%	31%	23%	20%	24%	30%	22%
4	13%	13%	12%	13%	12%	14%	11%	14%
5	11%	18%	4%	10%	14%	10%	6%	9%
6	3%	1%	1%	4%	4%	4%	2%	-
7	10%	13%	10%	7%	6%	8%	19%	22%
8+	3%	4%	8%	1%	1%	1%	1%	-
Not sure	-	-	-	-	-	-	-	-
Mean	3.69	4.14	4.46	3.13	3.38	3.38	3.78	3.75

Residents were most likely to undertake strengthening exercises at home (50%), followed by a membership club (36%), outside (9%), at their housing clubhouse (4%), or at work (5%).

Location of Activity to Strengthen Muscles

Asked if respondent engaged in physical activity to strengthen muscles



Q10.6A. Where did you do these activities?
(Results total more than 100% because multiple answers were accepted.)

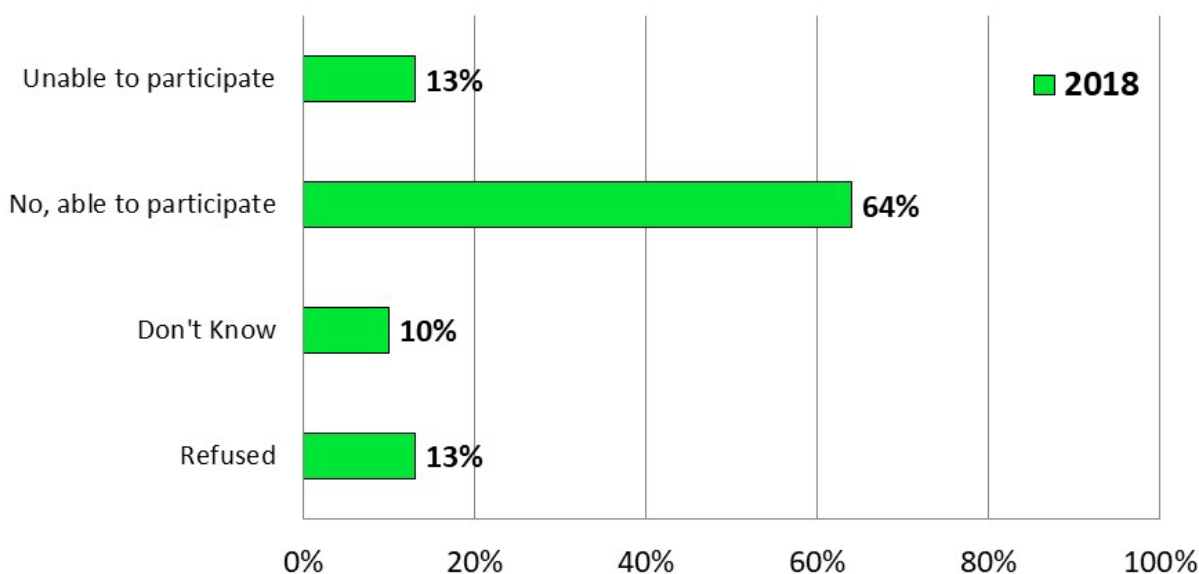
Lower-income people are more likely than others to do strengthening exercises at home. Residents in the highest income group are more likely to do strengthening exercises at a membership club, while middle-income people earning between \$50,000 and \$100,000 are somewhat more likely than others to do them at work.

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
In your home or friend's home	50%	59%	49%	52%	50%	42%
At a membership club	36%	30%	31%	35%	35%	50%
Outside	9%	9%	7%	11%	8%	7%
At work	5%	5%	10%	5%	4%	3%
At your housing clubhouse	4%	3%	6%	6%	4%	2%
Somewhere else	11%	19%	10%	12%	12%	10%
Not sure	*%	-	*%	*%	-	-

For the first time in 2018, residents were asked whether their youngest child was unable to participate in an organized youth sporting activity. Thirteen percent said their child was unable to participate, while 64% indicated that the child was able to participate. The remainder said they did not know (10%), or chose not to give an answer (13%).

Children's Participation in Sports

Asked of all those with children

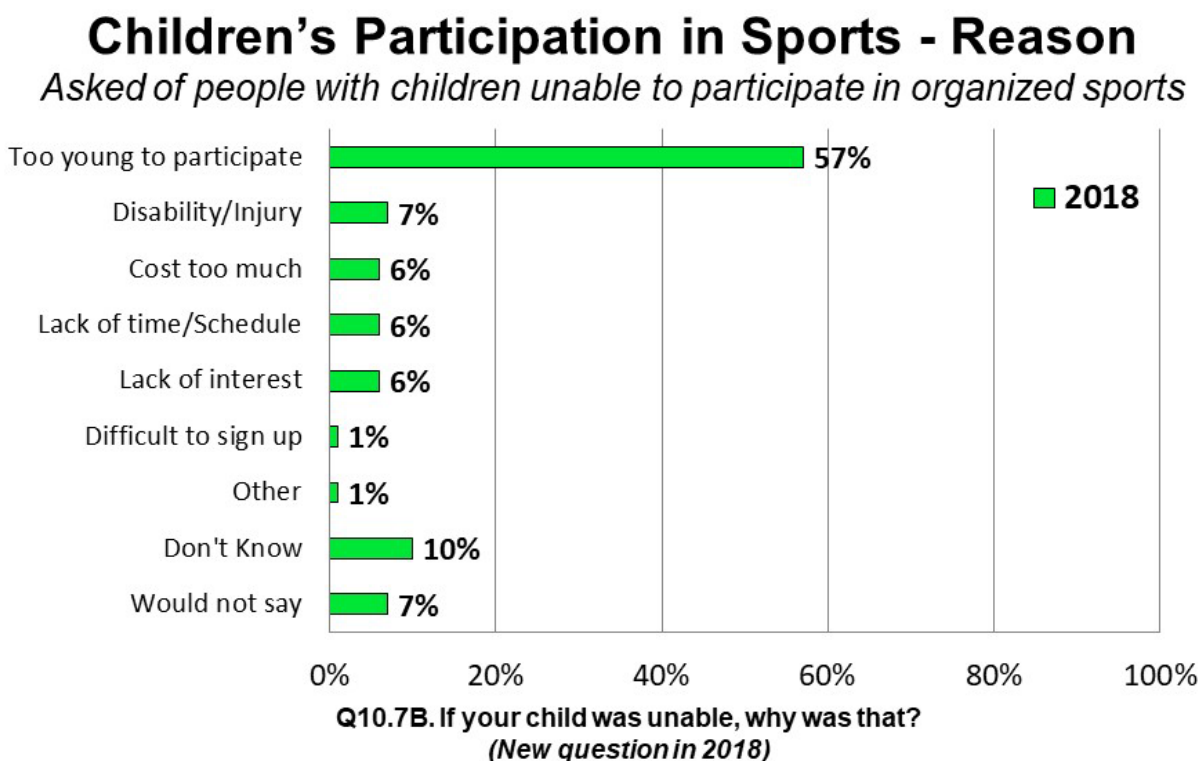


Q10.7A. In 2018 was your youngest child unable to participate in an organized youth sporting activity, such as a Rec and Parks team, soccer, or another organized youth sports team?
(New question in 2018)

Unemployed people and homemakers are more likely to have children who could not participate in organized sporting activities.

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Unable to participate	13%	13%	11%	22%	3%	28%	6%
No, able to participate	64%	65%	71%	58%	58%	60%	59%
Don't know	10%	9%	7%	15%	17%	4%	16%
Refused to say	13%	12%	11%	6%	22%	8%	19%

The reason most often given for a child's inability to participate in organized sporting activities was that the child was too young to participate (57%). Less frequent reasons were the child's disability or injury (7%), that the activity cost too much (6%), lack of time or schedule issues (6%), and lack of interest (6%).



Due to small subgroup sample sizes for this question, there are no reliable statistical differences to report for this question.

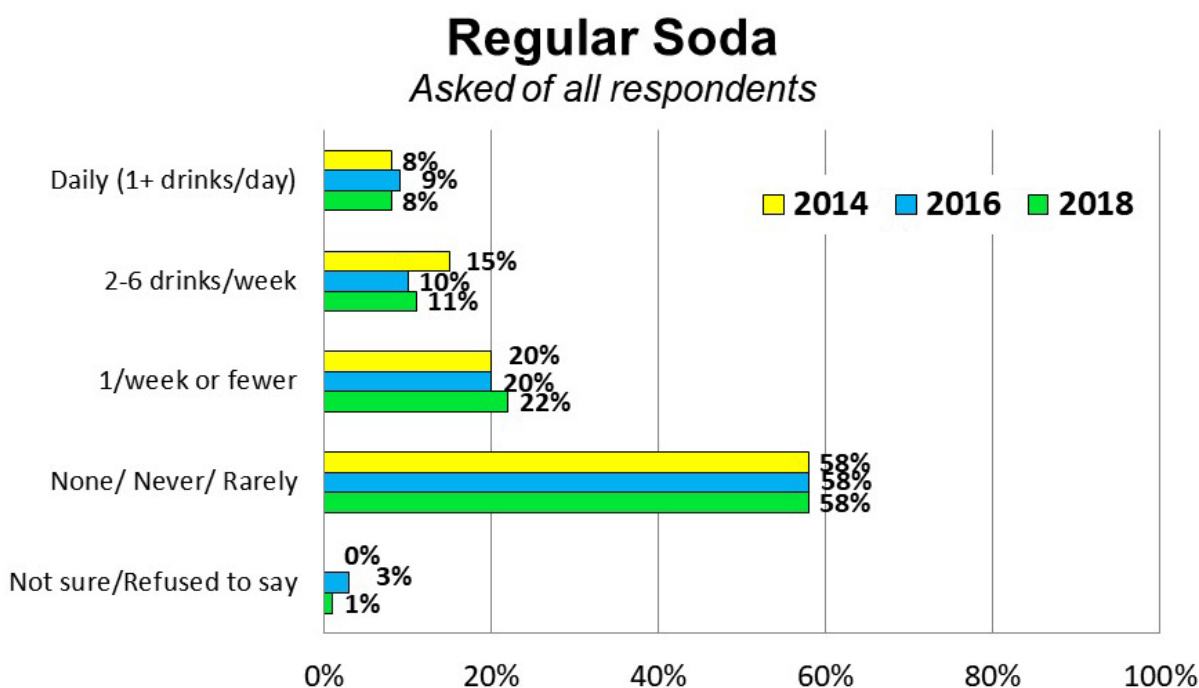
Sugary Drinks

Forty-one percent of Howard County residents consume regular soda such as Coke, Pepsi, Sprite, or Mountain Dew. This is slightly more than the 39% reported in 2016, but a decrease from the 43% reported in 2014. This number is determined by combining the responses of residents who indicated they had any measurable soda consumption.

Within that 41% total, 8% of the County's residents drink soda at least once a day, which is slightly below the 9% reported in 2016 and on a par with the 8% reported in 2014. Another 11% consume between two and six sodas a week, slightly above the 10% reported in 2016 but down from 15% in the 2014 survey. Twenty-two percent said they drink regular soda once a week or less often, a number that is only slightly higher than the 20% reported in the prior two surveys. (Note that numbers may not always appear to add correctly due to rounding.)

Fifty-eight percent of residents drink no soda at all or only rarely, which is unchanged dating back to 2014.

Different answer categories in 2012 make that year's data not comparable for this series of questions.



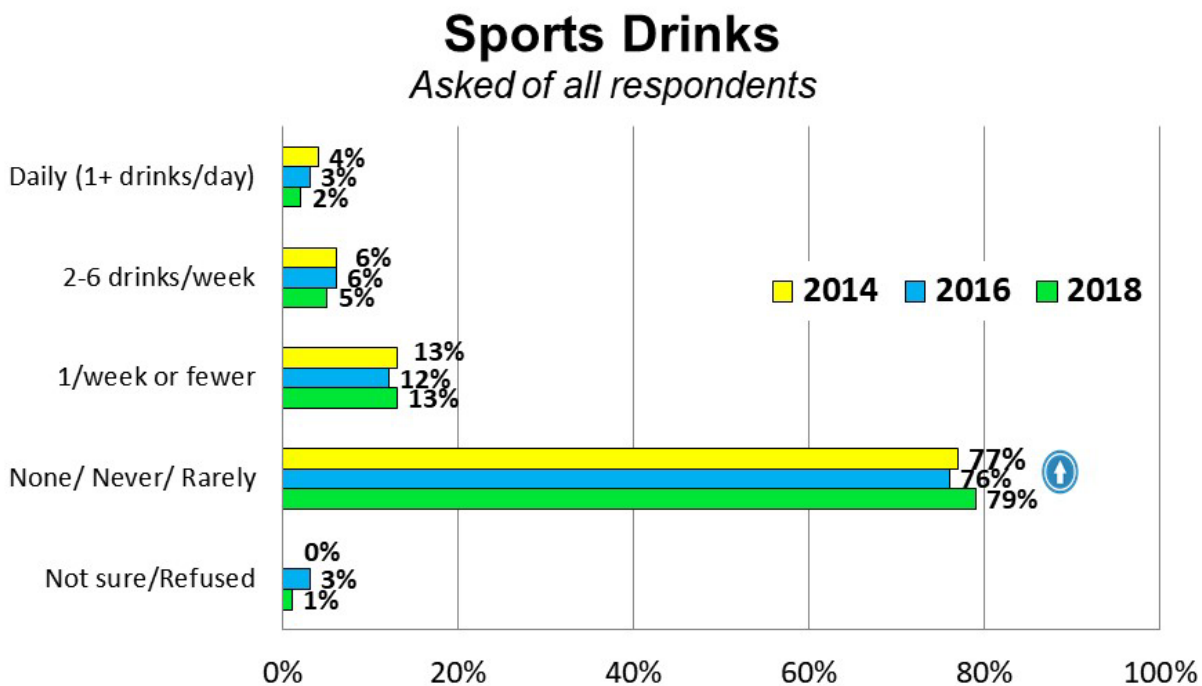
SD1. How often do you drink regular soda such as Coke Classic, Pepsi, Sprite, or Mountain Dew?
Do not include diet soda or seltzer.

Residents between the ages of 18 and 24 are much more likely than other age groups to consume regular soda, as are residents who have never been married or who are in unmarried couples.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
None/ Never/ Rarely	58%	39%	54%	56%	61%	70%	66%	60%
<i>All who consumer soda</i>	41%	61%	45%	44%	37%	29%	34%	39%
1-3 per month	14%	18%	15%	18%	15%	7%	11%	8%
1 per week	8%	12%	9%	8%	8%	5%	5%	5%
2-6 per week	11%	21%	13%	9%	8%	8%	8%	10%
Daily	8%	10%	8%	8%	6%	8%	9%	17%
Not sure/Refused	1%	-	1%	*%	2%	1%	*%	1%

2018 Marital Status Breakouts	All	Married	Divorced	Widowed	Never Married	Unmarried Couple
None/ Never/ Rarely	58%	62%	64%	63%	47%	42%
<i>All who consumer soda</i>	41%	37%	36%	35%	53%	58%
1-3 per month	14%	12%	16%	6%	18%	23%
1 per week	8%	7%	6%	6%	10%	13%
2-6 per week	11%	10%	5%	8%	15%	19%
Daily	8%	7%	9%	14%	10%	3%
Not sure/Refused	1%	1%	*%	3%	-	-

Twenty percent of residents consume sports drinks like Gatorade or Powerade. This is a decrease from 21% measured in 2016 and 23% in 2014. In the 2018 survey, 2% said they drink sports drinks daily, 5% between two and six times a week, and 13% drink them once a week or less often.



SD2. How often do you drink sports drinks like Gatorade or Powerade? Do not include diet or low-calorie types.

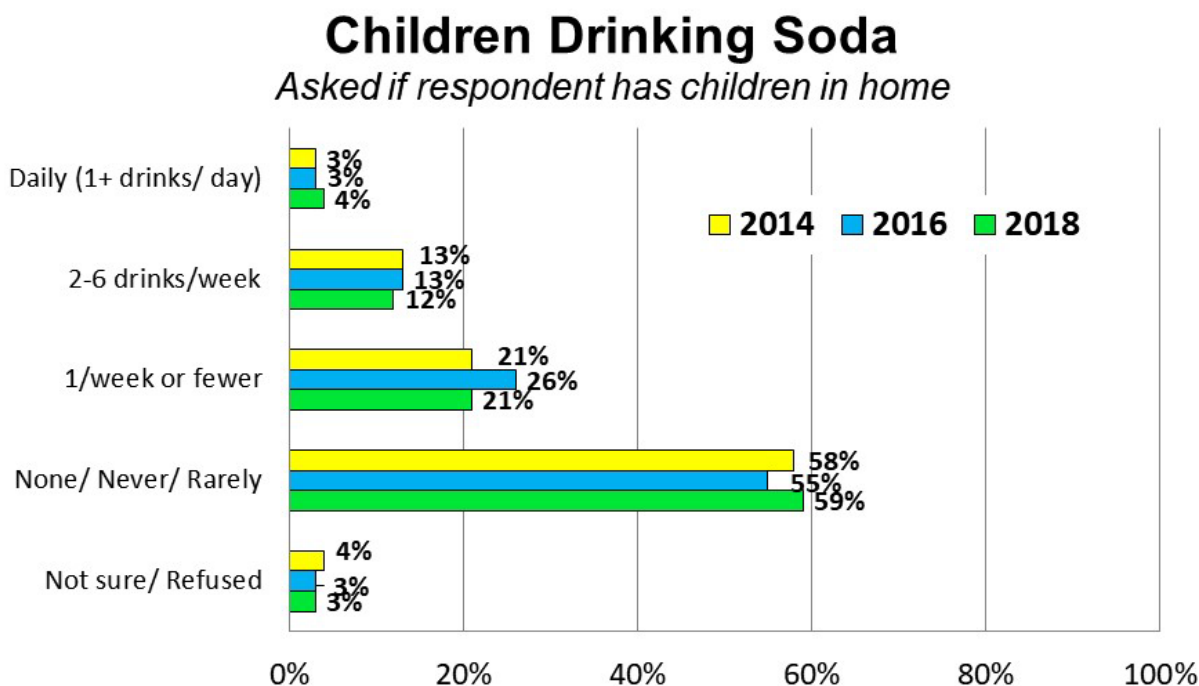
Men and residents younger than 45 are much more likely than others to drink sports drinks.

2018 Gender Breakouts	All	Male	Female
None/ Never/ Rarely	79%	69%	87%
All who consume sports drinks	20%	29%	11%
1-3 per month	8%	8%	7%
1 per week	5%	8%	2%
2-6 per week	5%	9%	1%
Daily	2%	4%	1%
Not sure/Refused	2%	2%	1%

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
None/ Never/ Rarely	79%	59%	75%	74%	83%	88%	91%	85%
All who consume sports drinks	20%	41%	23%	25%	15%	11%	9%	12%
1-3 per month	8%	17%	7%	11%	7%	3%	5%	1%
1 per week	5%	9%	8%	7%	3%	2%	*%	4%
2-6 per week	5%	12%	7%	4%	4%	3%	3%	3%
Daily	2%	3%	1%	3%	1%	3%	1%	4%
Not sure/Refused	2%	-	2%	2%	2%	2%	-	4%

Consumption of sugary drinks by children was measured by asking parents and guardians to think of their youngest child between the ages of two and 18. Thirty-seven percent said their children drink regular soda, a decrease of 6% from the 42% reported in 2016, and on a par with the 37% reported in 2014.

Four percent of parents in 2018 said their children drink soda daily, 12% drink soda two to six times per week, while 21% of children drink soda once a week or less often.



SD4. Thinking about your youngest child between the ages of 2 and 18, how often does he or she drink regular, not diet, soda like Coke Classic, Pepsi, Sprite, or Mountain Dew?

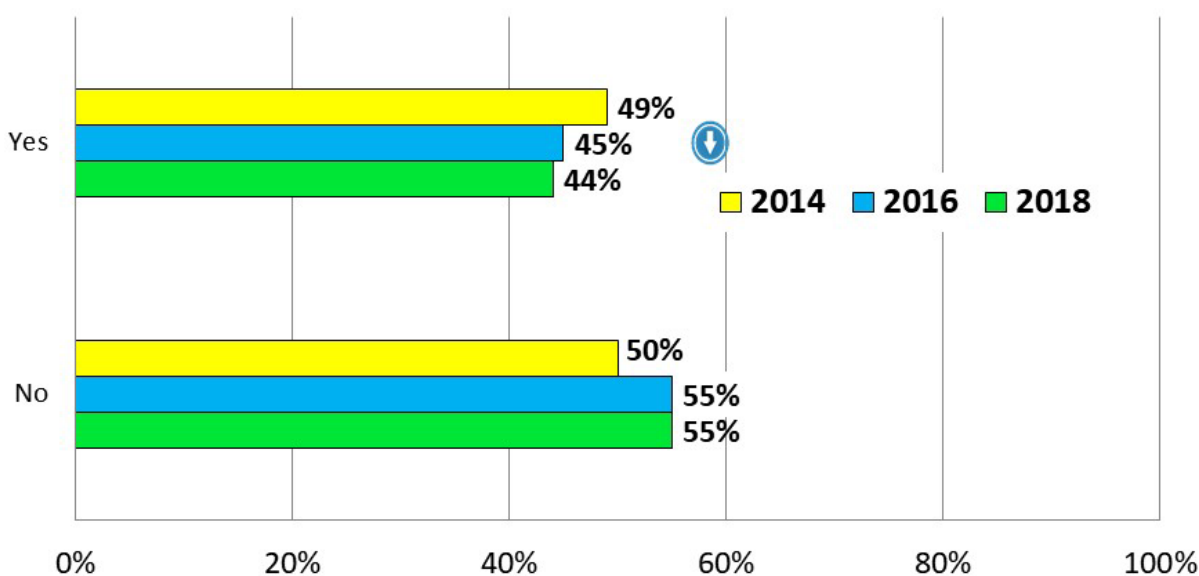
Residents who have not attended college are more likely to have children in their households who drink soda.

2018 Education Breakouts	All	<HS	HS/GED	Some College	4-Year degree	Grad Work
None/ Never/ Rarely	59%	17%	47%	57%	55%	67%
Children who consume soda	37%	69%	45%	40%	40%	30%
1-3 per month	8%	*%	9%	4%	9%	10%
1 per week	13%	28%	18%	16%	11%	11%
2-6 per week	12%	41%	14%	15%	14%	7%
Daily	4%	-	4%	6%	6%	3%
Not sure/Refused	4%	14%	8%	3%	5%	3%

Forty-four percent of residents had bought sugar sweetened beverages during the prior 30 days to drink at home, including regular soda, sports drinks like Gatorade or Powerade, fruit drinks like Capri Sun or Hawaiian Punch, energy drinks, or sweetened teas and waters. Purchasing of sugar-sweetened beverages to have at home has declined slightly from 45% in 2016, and 49% in 2014.

Has Bought Sugar-Sweetened Drinks

Asked of all respondents



SD7. In the last 30 days, have you bought any of the following types of sugar sweetened beverages for your family to drink at home? Regular soda, sports drinks like Gatorade or Powerade, fruit drinks like Capri Sun or Hawaiian Punch, energy drinks, or sweetened teas and waters?

Those most likely to have purchased sugar sweetened drinks for their family are those younger than 55 or those who are African-Americans or Hispanic.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	44%	60%	46%	49%	52%	32%	24%	35%
No	55%	40%	54%	51%	48%	67%	74%	64%
Not sure/ Refused	*%	-	-	1%	*%	*%	1%	2%

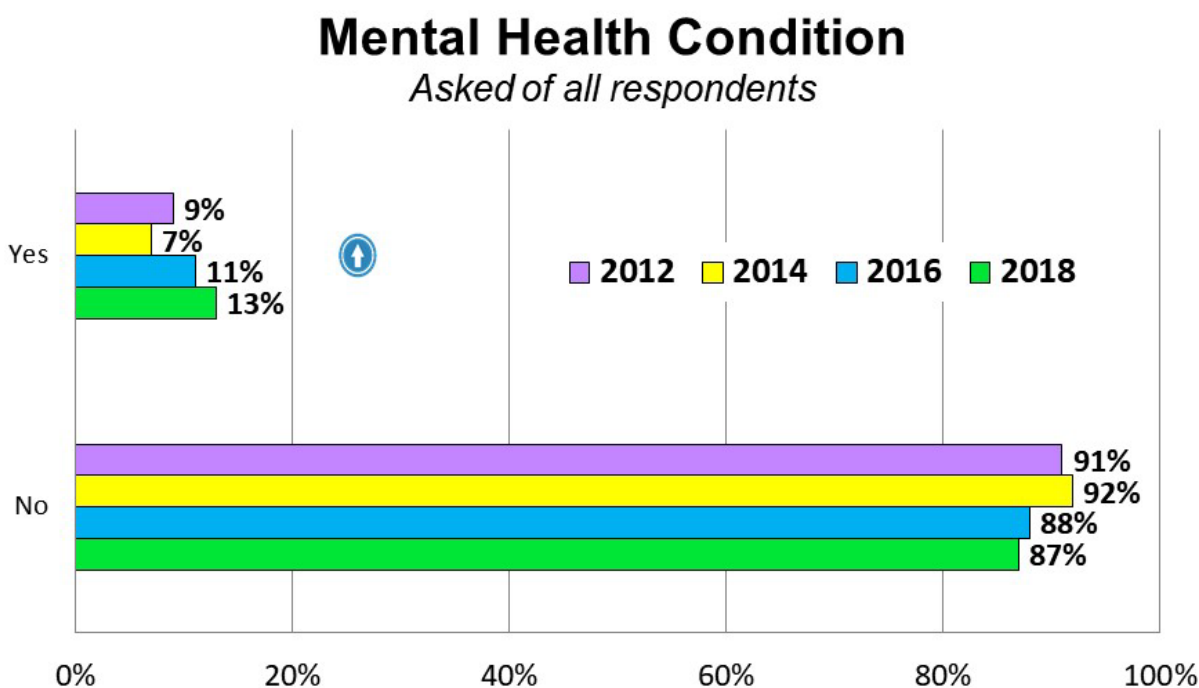
2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	44%	41%	56%	41%	60%	37%
No	55%	58%	43%	59%	39%	61%
Not sure/ Refused	*%	*%	*%	*%	1%	1%

Behavioral Health

The Behavioral Health section includes questions about residents' mental health condition, financial worry, access to mental health treatment, tobacco use, and alcohol use.

Mental Health

Thirteen percent of residents in 2018 said they are presently taking medicine or receiving treatment from a health professional for a mental health condition or emotional problem. This represents an increase from 11% reported in 2016, 7% in 2014, and 9% in 2012.



M26.9. Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

Residents are more likely to be taking medicine or receiving treatment for a mental health condition or emotional problem if they are female, earn less than \$50,000, or are unemployed.

2018 Gender Breakouts	All	Male	Female
Yes	13%	7%	18%
No	87%	92%	82%
Not sure/ Refused	*%	1%	*%

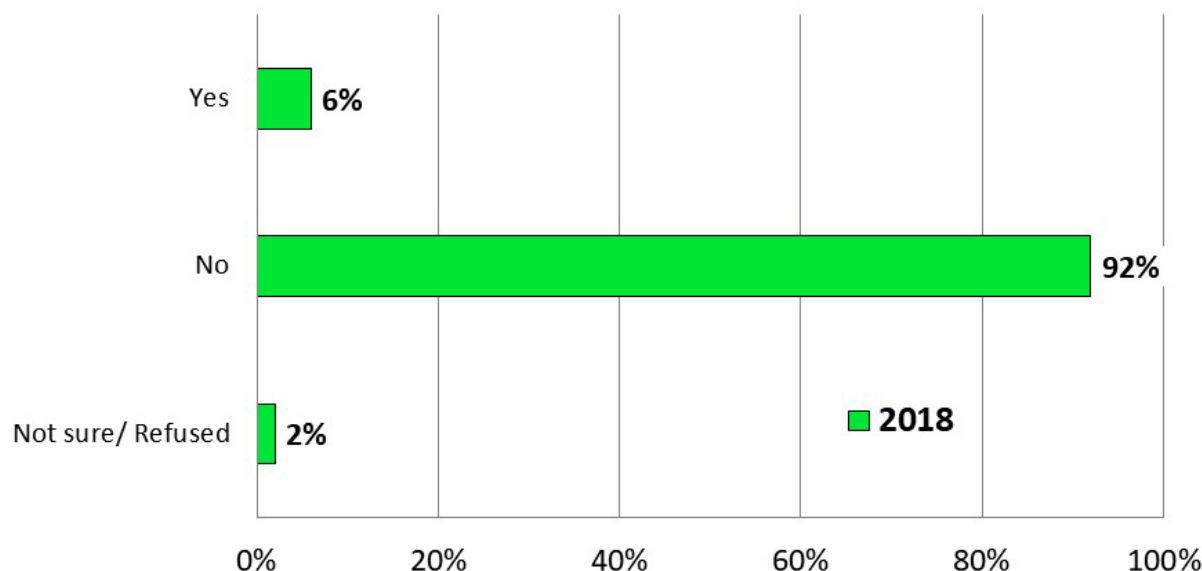
2018 Income Breakouts	All	<\$50,000	\$50,000- \$99,999	\$100,000- \$149,999	\$150,000- \$199,999	\$200,000+
Yes	13%	20%	14%	14%	11%	11%
No	87%	80%	86%	86%	88%	89%
Not sure/ Refused	*%	*%	*%	*%	*%	*%

2018 Employment Status Breakouts	All	Employed	Self- Employed	Un- employed	Retired	Home- maker	Student
Yes	13%	11%	10%	32%	13%	13%	23%
No	87%	89%	90%	68%	85%	87%	77%
Not sure/ Refused	*%	*%	-	*%	2%	-	-

Six percent of residents said they had felt emotionally upset in the prior 30 days as a result of how they were treated based on their race or ethnicity. This question was not asked in prior years.

Emotional Upset – Race or Ethnicity

Asked of all respondents



M28.0A. Within the past 30 days, have you felt emotionally upset, for example angry, sad, or frustrated, as a result of how you were treated based on your race or ethnicity?
(Not asked in 2012, 2014 and 2016)

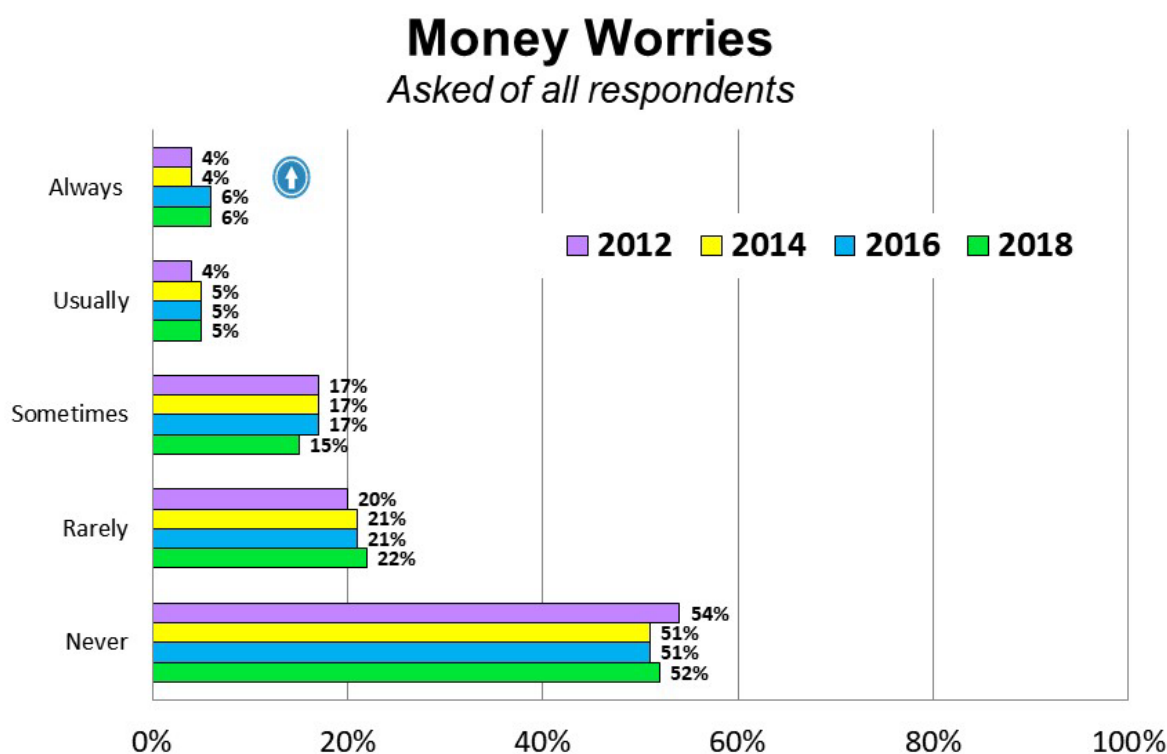
Those more likely to have felt emotionally upset due to treatment based on their race or ethnicity are African-American (15%) or members of smaller racial or ethnic groups (17%). Hispanic (9%) and Asian (8%) residents also are more likely to feel that way, although those differences do not rise to a statistically significant level. Residents with only a high school diploma are more likely to express this sentiment, as well.

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	6%	3%	15%	8%	9%	17%
No	92%	97%	84%	89%	91%	83%
Not sure/ Refused	2%	*%	1%	4%	-	-

2018 Education Breakouts	All	Less than High School	High School or GED	Some College	4-Year Degree	Post-graduate
Yes	6%	3%	12%	7%	7%	5%
No	92%	97%	85%	93%	92%	95%
Not sure/Refused	2%	-	3%	*%	1%	*%

Twenty-six percent of Howard County residents said they were worried or stressed at least sometimes during the prior 12 months about having enough money to pay vital expenses like rent, mortgage, or food. This is down slightly from 28% in 2016 and on a par with the 26% in 2014 and 25% in 2012 who said they were worried or stressed about money.

In the current survey, 6% said they were “always” worried or stressed about money, which is identical to 2016, and up from 4% in 2014 and 2012. Another 5% said they were “usually” worried or stressed, and 15% said they worried “sometimes”.



M28.1. How often in the past 12 months would you say you were worried or stressed about having enough money to pay vital expenses like your rent, mortgage, or food? Would you say you were worried or stressed---

Money worries are more severe among residents who are under age 35, among African-Americans, Hispanics, or those who self-identify with a smaller racial or ethnic group, and households that earn less than \$100,000.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Always	6%	7%	10%	7%	4%	4%	3%	2%
Usually	5%	8%	8%	4%	5%	3%	3%	1%
Sometimes	15%	18%	20%	14%	16%	13%	11%	9%
Rarely	22%	28%	22%	20%	23%	20%	18%	17%
Never	52%	39%	40%	54%	51%	61%	65%	71%
Not sure/ Refused	*%	-	-	*%	*%	*%	*%	1%

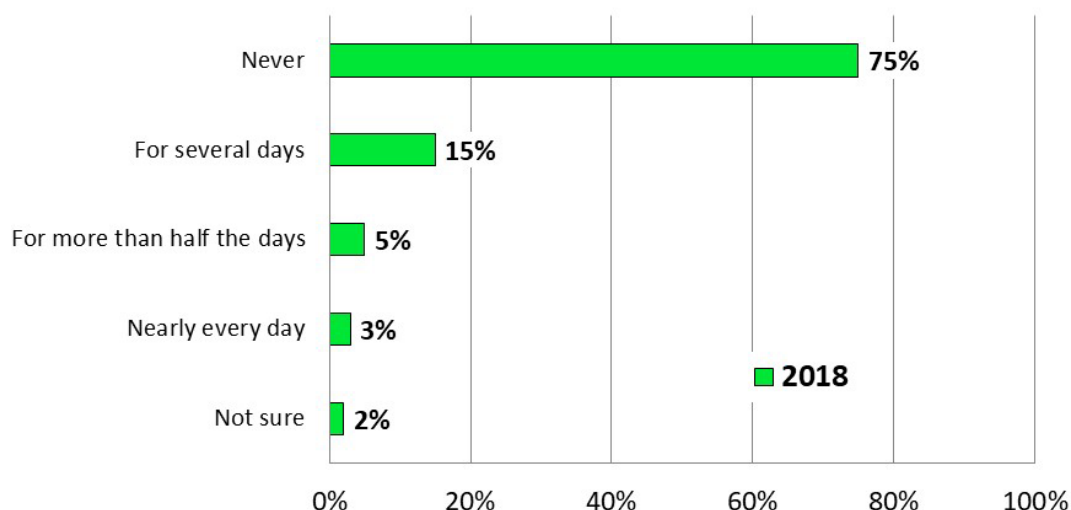
2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Always	6%	4%	9%	4%	8%	4%
Usually	5%	4%	6%	2%	12%	19%
Sometimes	15%	16%	21%	9%	18%	24%
Rarely	22%	22%	23%	23%	15%	22%
Never	52%	53%	42%	61%	47%	31%
Not sure/ Refused	*%	*%	-	1%	-	-

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Always	6%	14%	10%	3%	1%	1%
Usually	5%	12%	5%	5%	2%	*%
Sometimes	15%	26%	20%	12%	14%	7%
Rarely	22%	14%	25%	26%	18%	22%
Never	52%	33%	39%	54%	64%	70%
Not sure/ Refused	*%	*%	*%	-	-	-

In 2018, Howard County residents were asked a new question about “having little interest or pleasure in doing things.” Twenty-three percent said they were bothered by a lack of interest or pleasure in doing things for at least several days over the prior two weeks. Three percent said this occurred nearly every day. five percent said it happened “for more than half the days,” and 15% said it happened “for several days” over those two weeks.

Lack of Interest or Pleasure

Asked of all respondents



M28.1C. Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things? Would you say this happens...

Residents under age 25 are much more likely than others to be bothered by having little interest or pleasure in doing things. African-Americans are also more likely than others to say they are bothered by this. There is a strong relationship with household income, with residents of lower-income households much more likely than higher-income residents to feel this way.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Never	75%	42%	70%	80%	83%	84%	82%	72%
Total bothered	23%	58%	28%	19%	15%	16%	16%	18%
For several days	15%	33%	20%	14%	12%	11%	8%	11%
More than half of days	5%	22%	5%	3%	*%	2%	3%	1%
Nearly every day	3%	2%	3%	2%	3%	4%	5%	6%
Don't know/ Refused	2%	-	2%	2%	1%	-	2%	10%

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Never	75%	79%	65%	72%	80%	73%
<i>Total bothered</i>	23%	20%	32%	25%	20%	24%
For several days	15%	12%	23%	20%	8%	14%
More than half of days	5%	4%	6%	5%	10%	5%
Nearly every day	3%	3%	3%	1%	2%	6%
Don't know/ Refused	2%	1%	2%	2%	-	3%

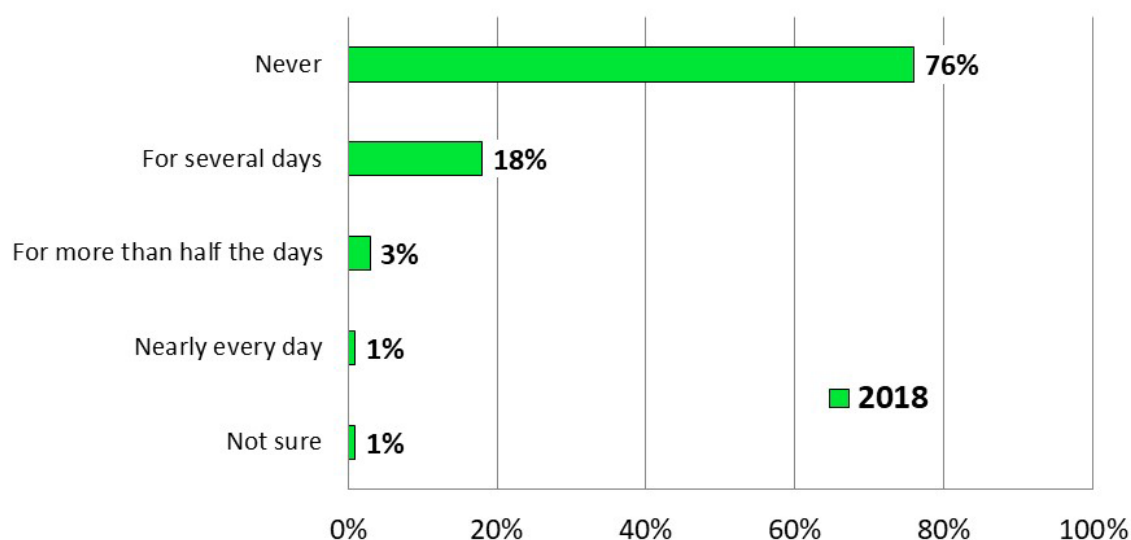
2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Never	75%	58%	68%	74%	82%	93%
<i>Total bothered</i>	23%	39%	31%	23%	17%	6%
For several days	15%	24%	19%	20%	12%	5%
More than half of days	5%	10%	7%	2%	3%	*%
Nearly every day	3%	5%	5%	1%	1%	1%
Don't know/ Refused	2%	4%	1%	3%	1%	2%

In 2018, Howard County residents were asked if they had “been bothered by feeling down, depressed or hopeless” in the past two weeks. Twenty-three percent said they had felt this way for at least several days.

One percent of residents said they felt down, depressed or hopeless “nearly every day.” Three percent felt that way “for more than half the days,” while 18% felt that way “for several days” over the prior two weeks. Note that numbers may not always appear to add correctly due to rounding.

Feelings of Depression or Hopelessness

Asked of all respondents



M28.1D. Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless? Would you say this happens...

Residents under age 35 are most likely to feel depression or hopelessness at least some of the time, particularly those aged 18 to 24. Feelings of depression and hopelessness are also strongly related to household income, with those earning less than \$100,000 more likely than higher-income residents to feel down, depressed or hopeless.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Never	76%	50%	71%	82%	82%	84%	81%	80%
Total bothered	23%	50%	29%	18%	16%	16%	15%	16%
For several days	18%	41%	27%	13%	12%	14%	11%	7%
More than half of days	3%	5%	2%	5%	3%	2%	2%	4%
Nearly every day	1%	4%	1%	1%	1%	1%	2%	4%
Not sure/ Refused	1%	-	-	*%	3%	-	4%	4%

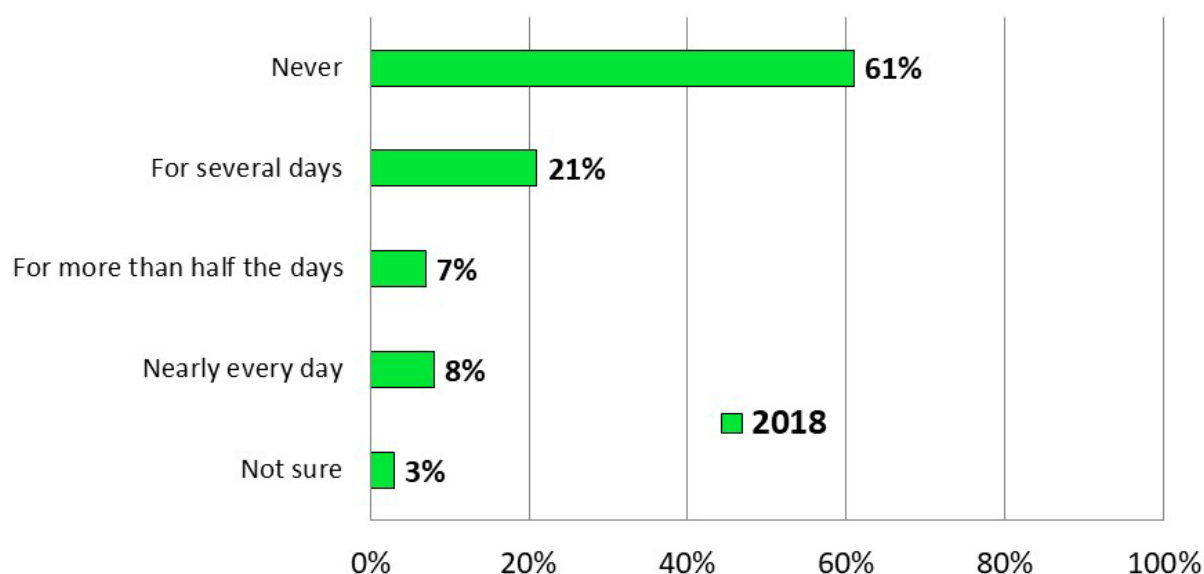
2018 Income Breakouts	All	<\$50,000	\$50,000- \$99,999	\$100,000- \$149,999	\$150,000- \$199,999	\$200,000+
Never	76%	63%	69%	74%	86%	91%
<i>Total bothered</i>	<i>23%</i>	<i>35%</i>	<i>30%</i>	<i>25%</i>	<i>13%</i>	<i>9%</i>
For several days	18%	23%	25%	21%	12%	7%
More than half of days	3%	5%	5%	3%	2%	1%
Nearly every day	1%	6%	*%	1%	-	1%
Not sure/ Refused	1%	2%	1%	1%	1%	-

In 2018, Howard County residents were asked about feelings of nervousness and anxiety over the prior two weeks. Thirty-six percent of residents said they had “been bothered by feeling nervous, anxious or on edge” over the prior two weeks.

Eight percent of residents said they felt nervous, anxious or on edge “nearly every day.” Seven percent felt that way “for more than half the days,” while 21% felt that way “for several days” over the prior two weeks.

Feelings of Nervousness or Anxiety

Asked of all respondents



M28.1E. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge? Would you say this happens...

Those most likely to experience feelings of nervousness and anxiety at least some of the time were those less than age 35, particularly those aged 18 to 24. In this youngest age group, 20% said they had experienced such feelings *nearly every day*. There is also a relationship with one’s level of education. Feelings of anxiety are particularly pronounced among people that have attended some college but not completed a degree, and are somewhat lower among people who have completed a four-year college degree and beyond.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Never	61%	40%	53%	62%	63%	72%	73%	72%
<i>Total bothered</i>	36%	56%	46%	33%	33%	27%	21%	22%
For several days	21%	28%	26%	25%	19%	16%	15%	8%
More than half of days	7%	9%	11%	6%	8%	6%	2%	1%
Nearly every day	8%	20%	9%	3%	7%	5%	4%	13%
Not sure/ Refused	3%	4%	1%	5%	3%	1%	5%	6%

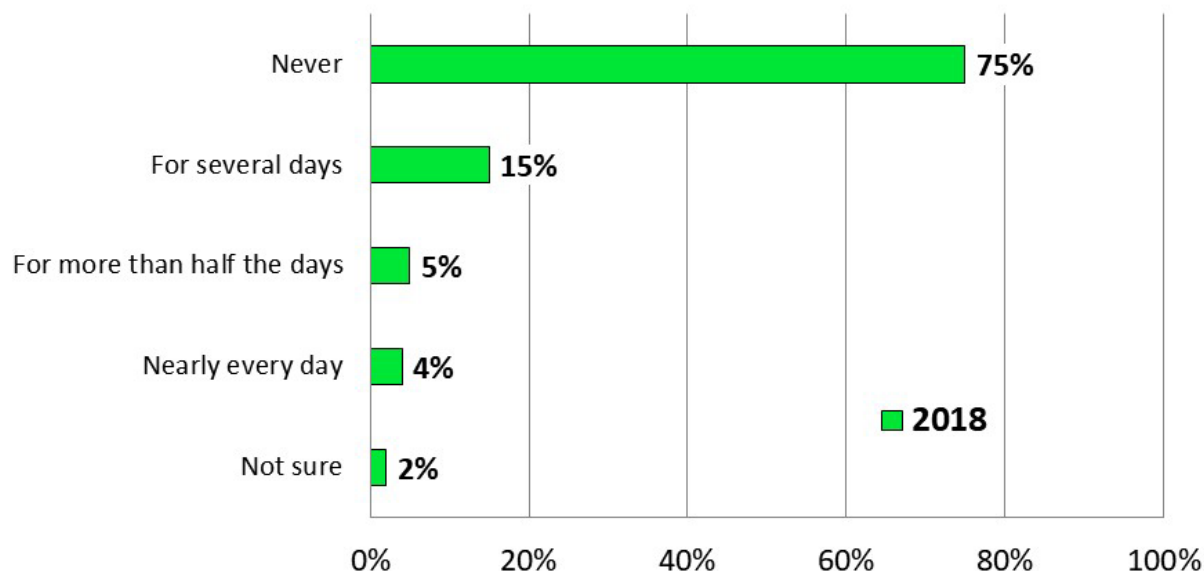
2018 Education Breakouts	All	Less than High School	High School or GED	Some College	4-Year Degree	Post-graduate
Never	61%	73%	49%	51%	66%	66%
<i>Total bothered</i>	36%	27%	41%	47%	33%	31%
For several days	21%	6%	20%	22%	22%	22%
More than half of days	7%	*%	10%	10%	5%	6%
Nearly every day	8%	21%	10%	15%	7%	3%
Not sure/ Refused	3%	*%	10%	2%	1%	3%

Twenty-three percent of Howard County residents in 2018 said they have “been bothered by not being able to stop or control worrying” during the prior two weeks.

Four percent of residents said they experienced uncontrollable worry “nearly every day.” Five percent felt that way “for more than half the days,” while 15% felt that way “for several days” over the prior two weeks. Note that numbers may not always appear to add correctly due to rounding.

Feelings of Uncontrollable Worry

Asked of all respondents



M28.1F. Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying? Would you say this happens...

Women are twice as likely as men to be bothered by uncontrollable worrying. Six percent of women said they are bothered by this *nearly every day*. This phenomenon is also more bothersome in households earning less than \$50,000 per year. Meanwhile, African-Americans are more likely than other residents to say they *never* experienced these feelings of uncontrollable worry.

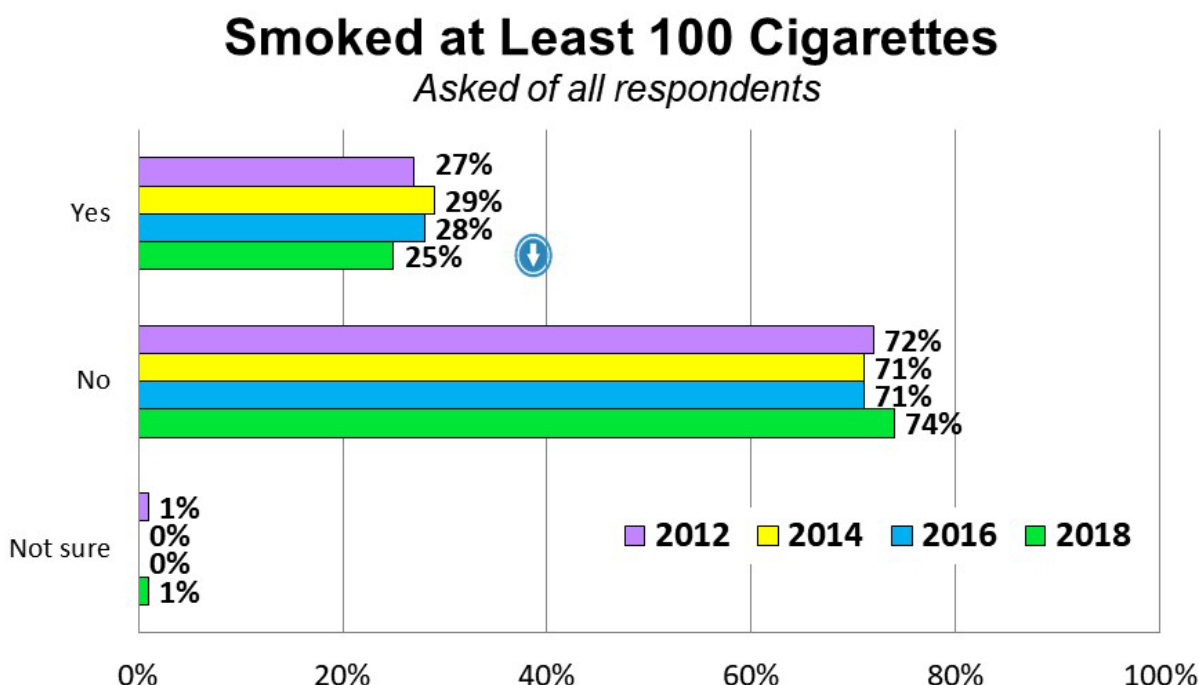
2018 Gender Breakouts	All	Male	Female
Never	75%	83%	68%
<i>Total bothered</i>	23%	15%	30%
For several days	15%	11%	18%
More than half of days	5%	3%	6%
Nearly every day	4%	1%	6%
Not sure/ Refused	2%	2%	3%

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Never	75%	73%	81%	69%	79%	63%
<i>Total bothered</i>	23%	24%	18%	27%	21%	37%
For several days	15%	17%	11%	14%	13%	22%
More than half of days	5%	4%	3%	8%	6%	5%
Nearly every day	4%	4%	4%	5%	2%	10%
Not sure/ Refused	2%	3%	1%	4%	-	-

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Never	75%	66%	77%	75%	76%	79%
<i>Total bothered</i>	23%	33%	21%	24%	21%	19%
For several days	15%	17%	10%	16%	18%	15%
More than half of days	5%	7%	6%	5%	2%	1%
Nearly every day	4%	9%	5%	3%	1%	3%
Not sure/ Refused	2%	2%	2%	*%	3%	1%

Tobacco

Twenty-five percent of residents said they have smoked at least 100 cigarettes in their life, a common measure of smoking behavior. This is the lowest percentage recorded in this series of surveys, down from 28% in 2016, 29% in 2014, and 27% in 2012.



Q7.1. Have you smoked at least 100 cigarettes in your entire life?

Residents are more likely to have smoked at least 100 cigarettes in their life if they are over age 55, or are unemployed or retired.

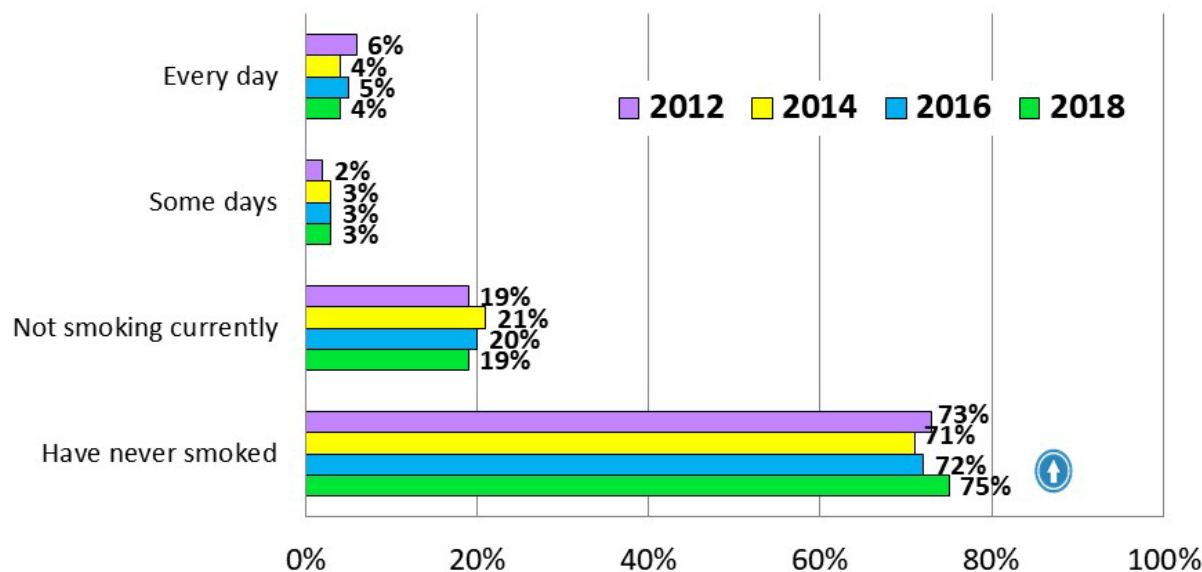
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	25%	17%	21%	25%	21%	31%	40%	42%
No	74%	81%	78%	74%	78%	69%	59%	58%
Not sure/ Refused	1%	2%	2%	*%	*%	*%	1%	*%

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Yes	25%	22%	25%	40%	40%	23%	12%
No	74%	77%	75%	60%	59%	77%	86%
Not sure/ Refused	1%	1%	*%	-	1%	1%	2%

Four percent of Howard County residents currently smoke every day. Another 3% said they smoke “some days.” The remainder of people who have smoked at least 100 cigarettes in their life said they are not smoking currently; this amounts to 19% of the County’s residents. This aggregate smoking rate of 7% is slightly less than amount measured in 2016 (8%) and 2012 (8%), and on a par with that measured in 2014 (7%).

Smoking Frequency

Asked of all respondents



Q7.2. Do you now smoke cigarettes every day, some days, or not at all?

Older residents are more likely to have tried smoking and quit. Though the differences are not statistically significant, the current smoking rate appears higher the younger one is. In terms of employment status, unemployed residents are much more likely than others to smoke currently.

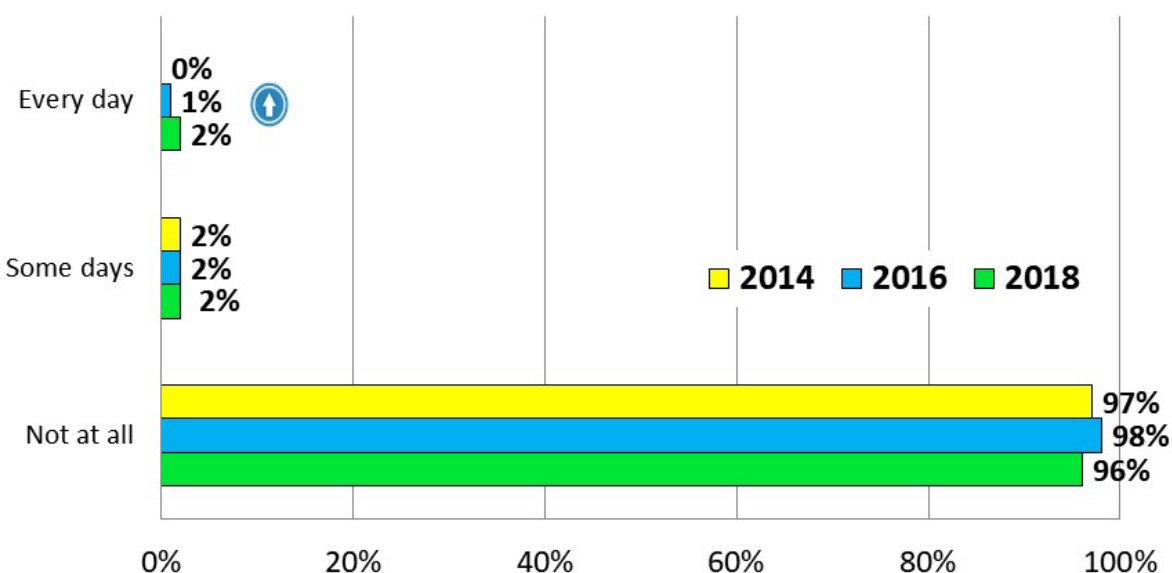
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Every day	4%	3%	7%	4%	4%	5%	3%	1%
Some days	3%	7%	2%	3%	2%	1%	2%	1%
Total smoking	7%	10%	9%	7%	6%	6%	5%	3%
Not at all	19%	8%	11%	18%	15%	25%	35%	39%
Have not ever smoked/Not sure	75%	83%	79%	75%	79%	69%	60%	58%

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Every day	4%	5%	5%	5%	2%	3%	4%
Some days	3%	2%	2%	11%	1%	4%	2%
Total smoking	7%	7%	6%	16%	3%	7%	6%
Not at all	19%	15%	18%	24%	37%	16%	6%
Have not ever smoked/Not sure	75%	78%	75%	60%	60%	77%	88%

Use of e-cigarettes either every day or some days amounts to 4% of the County's population in 2018. This is an increase from the 3% measured in 2016 and the 2% measured in 2014.

E-cigarettes

Asked of all respondents



Q7.5A. Electronic cigarettes, or “e-cigarettes” and other electronic “vaping” products include electronic hookahs, or “e-hookahs,” vape pens, e-cigars, and others. These products are battery powered and usually contain nicotine and flavors such as fruit, mint, or candy. Do you currently use e-cigarettes every day, some days, or not at all?
2016 wording: E-cigarettes are battery powered devices that provide inhaled doses of nicotine. Do you currently use e-cigarettes every day, some days, or not at all?

E-cigarette use is much higher among residents under age 35, and is more pronounced among those who have not completed high school or who have attended only some college.

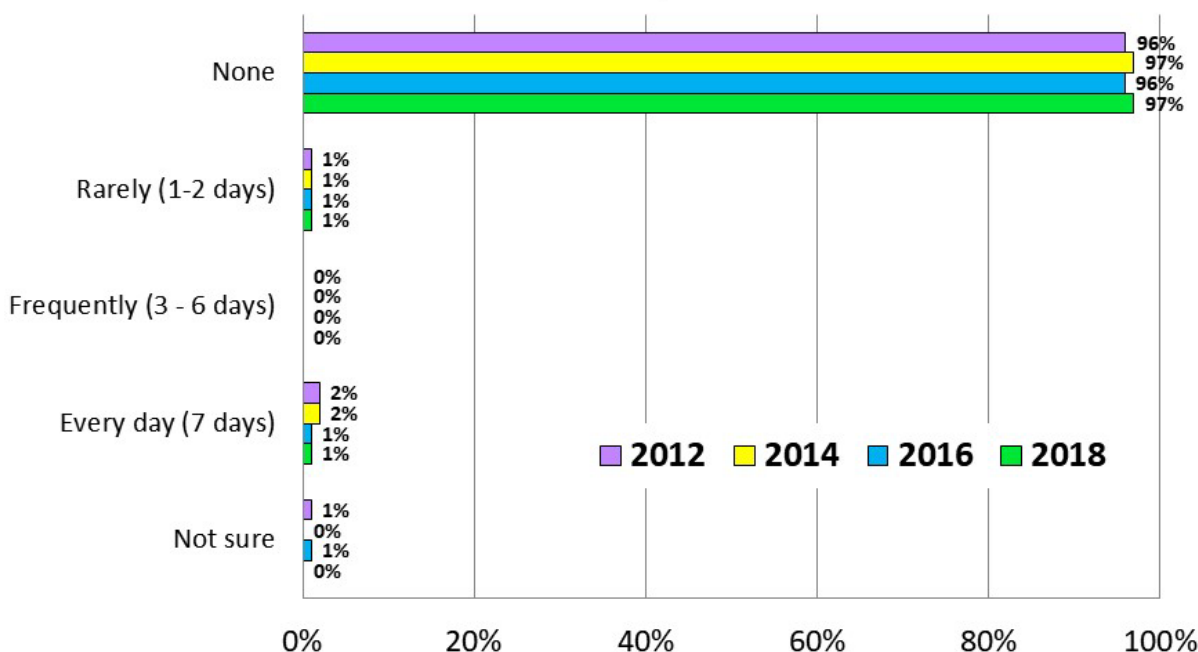
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Every day	2%	3%	5%	1%	1%	1%	-	-
Some days	2%	8%	5%	1%	1%	1%	1%	-
Total e-cigarette use	4%	11%	9%	2%	2%	1%	1%	*%
Not at all	96%	89%	91%	97%	98%	99%	99%	99%
Not sure/ Refused	*%	-	-	*%	-	-	*%	1%

2018 Education Breakouts	All	Less than High School	High School or GED	Some College	4-Year Degree	Post-graduate
Every day	2%	-	1%	3%	3%	1%
Some days	2%	11%	1%	7%	1%	1%
Total e-cigarette use	4%	11%	2%	10%	4%	1%
Not at all	96%	89%	98%	90%	96%	99%
Not sure/ Refused	*%	-	-	*%	*%	*%

Ninety-seven percent of residents said that no one else had smoked inside their home while they were at home during the previous seven days. One percent said someone else smoked inside the home every day, and 1% said someone smoked in the house just one or two days during the previous week. Those numbers are virtually unchanged since first measured in 2012.

Secondhand Smoke at Home

Asked of all respondents



M16.2. Not counting decks, porches, or garages, during the past 7 days, that is, since last [today's day of week], on how many days did someone other than you smoke tobacco inside your home while you were at home?

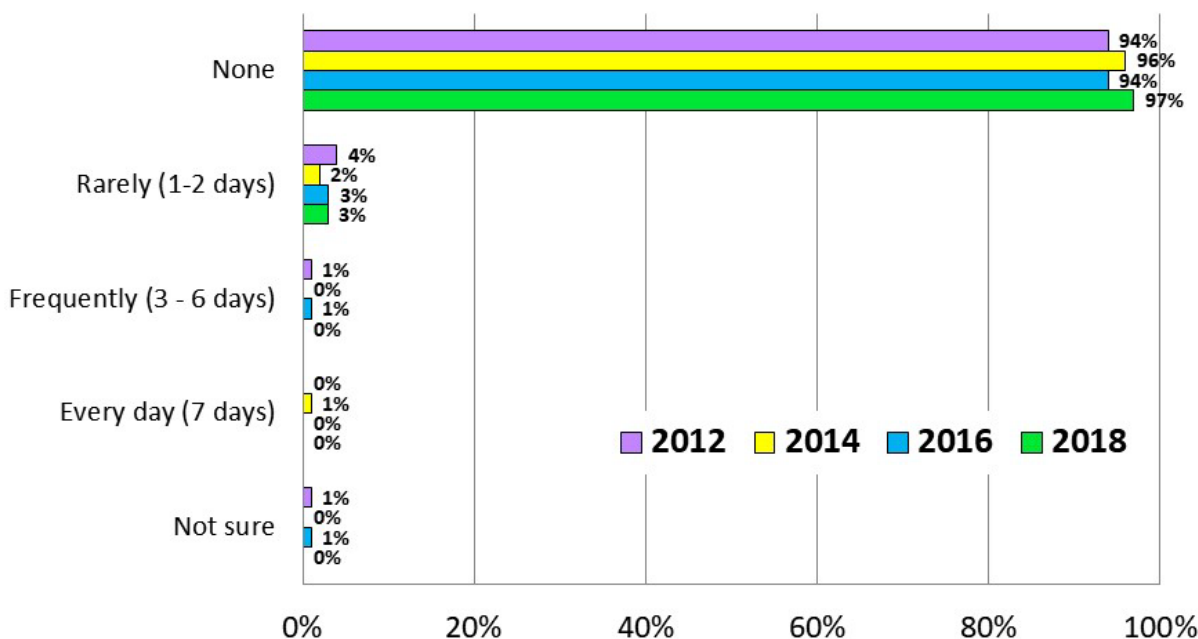
The incidence of second-hand smoke at home is so low that there is little of statistical significance to note. Among residents over age 65, where smoking by others inside the home does occur, it is happening more frequently.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
None	97%	92%	97%	98%	98%	98%	96%	97%
Rarely (1-2 days)	1%	6%	2%	1%	1%	1%	*%	-
Frequently (3-6 days)	*%	-	*%	-	1%	-	*%	-
Every day (7 days)	1%	3%	*%	*%	*%	1%	2%	2%
Not sure	*%	-	-	-	1%	*%	-	1%
Mean	3.34	2.98	2.44	2.33	2.91	4.72	5.77	7.00

Ninety-seven percent of residents said that they did not ride in a vehicle during the previous week in which someone else was smoking. Three percent said they had ridden with someone who was smoking in the prior week. These numbers represent a slight improvement over prior years.

Secondhand Smoke in Vehicle

Asked of all respondents



M16.3. During the past 7 days, that is, since last [today's day of week], on how many days did you ride in a vehicle where someone other than you was smoking tobacco?

Due to the low incidence of secondhand smoke in vehicles, there is nothing of significance to note in the subgroup data.

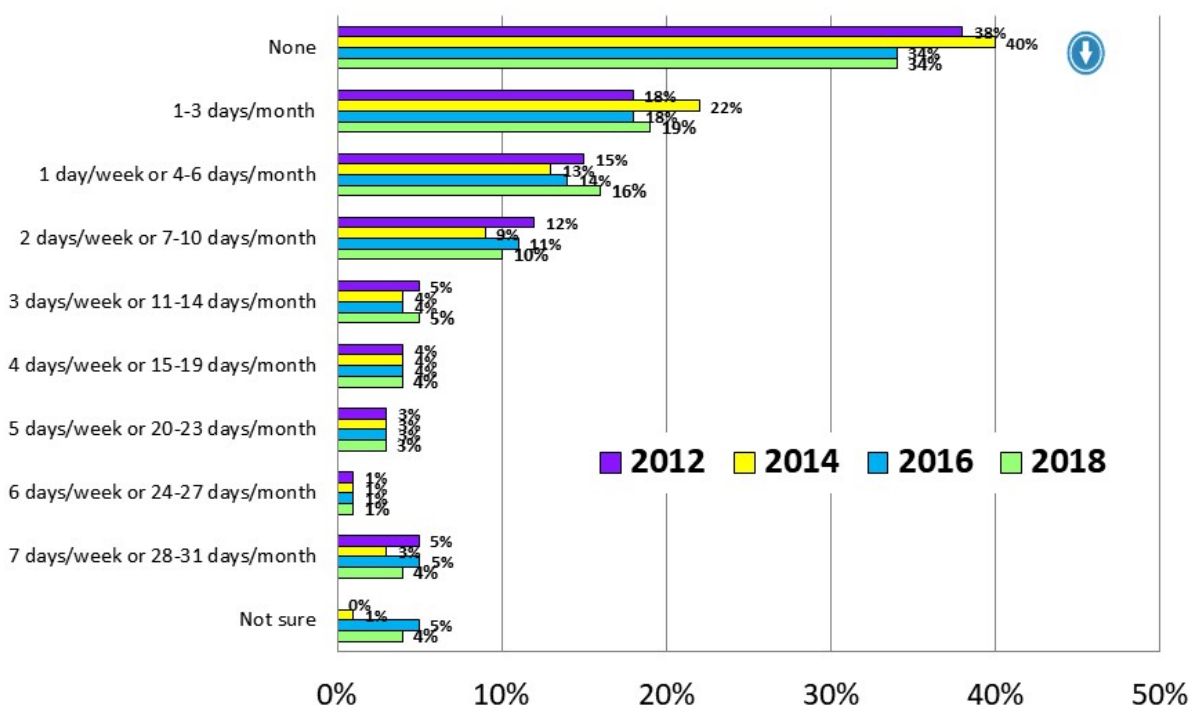
Alcohol Consumption

Thirty-four percent of residents in the 2018 survey said they consumed no alcoholic drinks in the previous 30 days, the same number as reported in 2016. This is a decline from the 40% in 2014 and 38% in 2012 who consumed no alcohol.

Four percent in 2018 said they have an alcoholic drink at least daily, compared to 5% in 2016, 3% in 2014 and 5% in 2012.

Days Consuming an Alcoholic Drink

Asked of all respondents



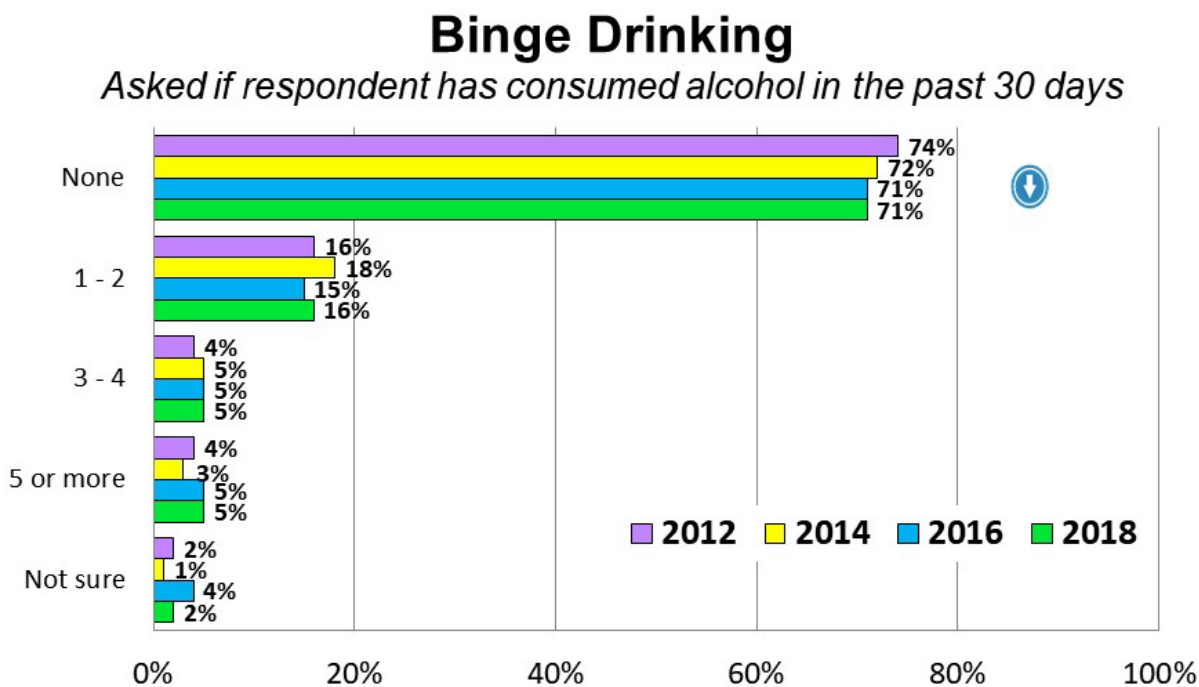
Q15.1. During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

There is evidence that alcohol consumption is somewhat more frequent in older residents, particularly those over the age of 55. Alcohol consumption also seems to be more common and somewhat more frequent among high-income residents.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
None	34%	44%	33%	29%	31%	32%	36%	48%
1-3 days/month	19%	24%	17%	20%	19%	17%	15%	13%
1 day/week or 4-6 days/month	16%	13%	17%	18%	19%	15%	17%	10%
2 days/week or 7-10 days/month	10%	6%	15%	12%	11%	9%	8%	4%
3 days/week or 11-14 days/month	5%	4%	4%	6%	6%	7%	4%	3%
4 days/week or 15-19 days/month	4%	2%	3%	6%	3%	6%	2%	2%
5 days/week or 20-23 days/month	3%	*%	4%	4%	3%	2%	4%	3%
6 days/week or 24-27 days/month	1%	*%	*%	1%	1%	2%	3%	3%
7 days/week or 28-31 days/month	4%	1%	3%	2%	4%	7%	7%	10%
Not sure/ Refused	4%	5%	4%	2%	4%	3%	4%	4%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
None	34%	48%	35%	34%	25%	23%
1-3 days/month	19%	19%	17%	19%	18%	20%
1 day/week or 4-6 days/month	16%	12%	17%	17%	16%	19%
2 days/week or 7-10 days/month	10%	4%	9%	12%	12%	13%
3 days/week or 11-14 days/month	5%	3%	4%	4%	7%	10%
4 days/week or 15-19 days/month	4%	2%	3%	4%	8%	5%
5 days/week or 20-23 days/month	3%	4%	2%	3%	3%	4%
6 days/week or 24-27 days/month	1%	1%	1%	2%	3%	1%
7 days/week or 28-31 days/month	4%	4%	5%	4%	5%	4%
Not sure/ Refused	4%	4%	5%	2%	5%	1%

Of those who had had at least one alcoholic drink in the prior 30 days, 26% had engaged in at least one episode of binge drinking in the past 30 days, defined as at least five drinks on a single occasion for men, and four drinks for women. This number has climbed slightly since the initial survey in 2012. In 2018, 5% of the residents who had an alcoholic drink engaged in binge drinking at least five times during the prior month, and another 5% said they did so three or four times during the month.



Q15.3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [CATI X = 5 for men, X = 4 for women] or more drinks on an occasion?

Binge drinking is more prevalent among residents under age 35, and those with only a high school diploma or less education.

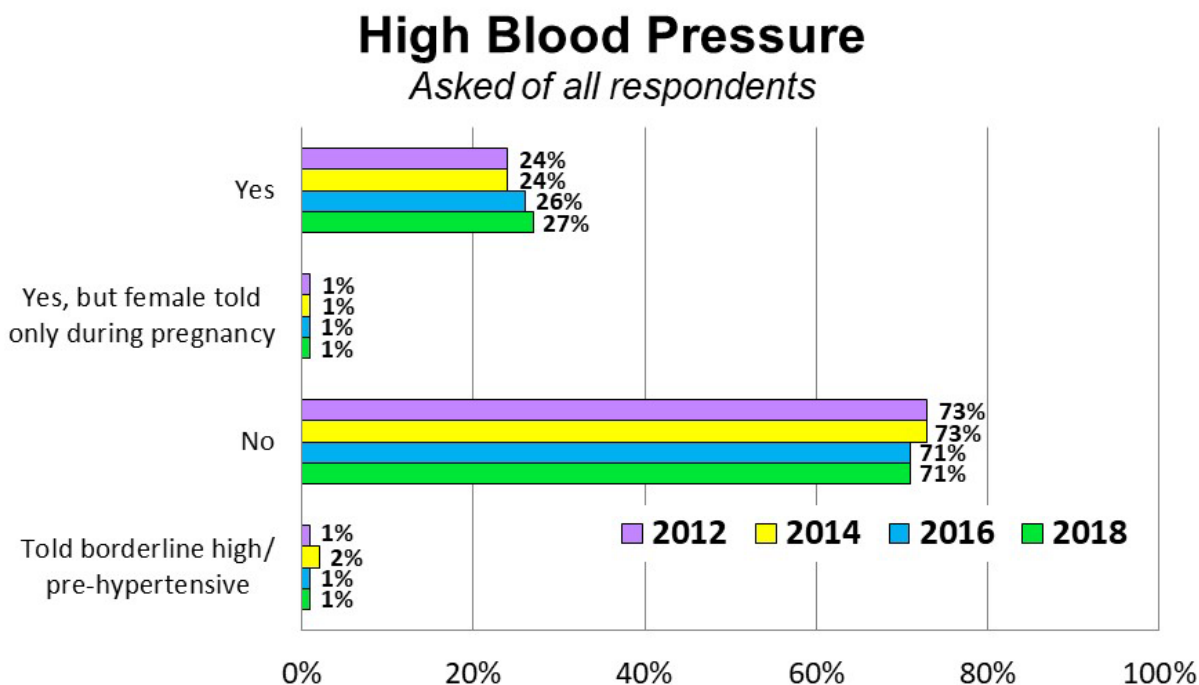
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
None	71%	66%	52%	74%	73%	82%	82%	88%
Total binge drinking	26%	34%	42%	25%	24%	18%	14%	9%
1-2	16%	21%	29%	17%	13%	9%	9%	5%
3-4	5%	9%	6%	3%	4%	3%	3%	3%
5 or more	5%	3%	7%	6%	6%	5%	3%	1%
Not sure/ Refused	2%	-	5%	1%	4%	*%	4%	3%

2018 Education Breakouts	All	Less than High School	High School or GED	Some College	4-Year Degree	Post-graduate
None	71%	26%	57%	69%	70%	78%
Total binge drinking	26%	74%	40%	29%	27%	20%
1-2	16%	32%	22%	21%	18%	11%
3-4	5%	38%	8%	4%	4%	3%
5 or more	5%	3%	10%	4%	4%	6%
Not sure/ Refused	2%	-	2%	1%	3%	3%

Chronic Disease

The Chronic Disease section includes questions on high blood pressure, cholesterol, asthma, COPD, diabetes, health problems requiring special equipment, and in-home care.

Twenty-seven percent of Howard County residents have been told by a health professional that they have high blood pressure, a small but steady increase from the 24% measured in 2012. An additional 1% are women who were told only during pregnancy that they had high blood pressure, and 1% are residents who were told they were borderline high or pre-hypertensive.



Q4.1. Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

Residents are more likely to have been told by a medical professional that they have high blood pressure if they are over age 55 or if they are retired.

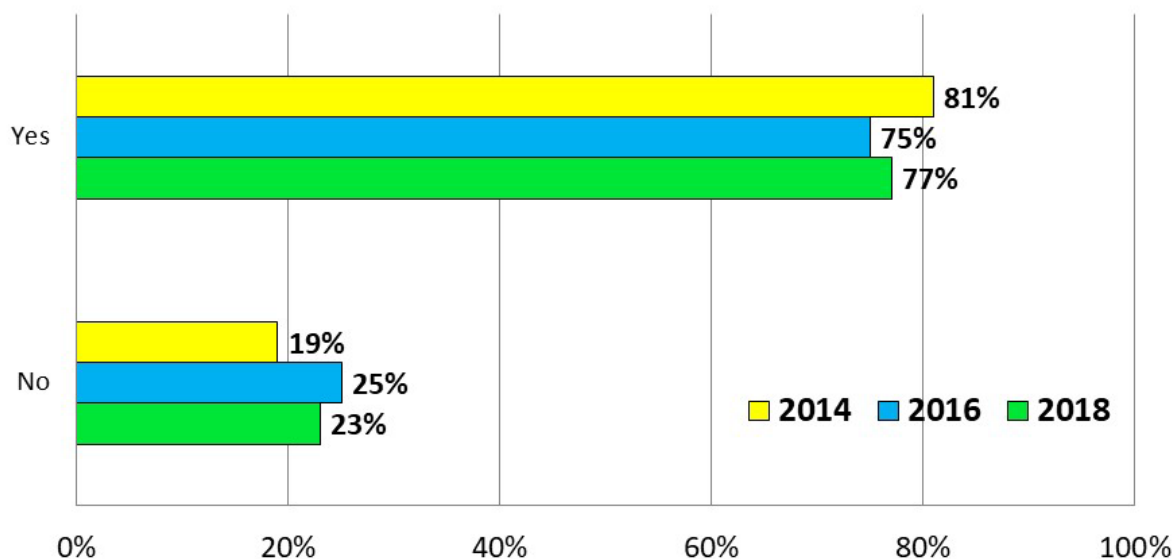
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	27%	8%	10%	16%	28%	40%	61%	65%
Yes, but female told only during pregnancy	1%	-	1%	1%	1%	*%	1%	-
No	71%	89%	88%	83%	71%	58%	36%	33%
Told borderline high or hypertensive	1%	3%	1%	1%	*%	1%	1%	2%
Not sure / Refused	*%	-	-	-	-	-	*%	*%

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Yes	27%	21%	30%	31%	59%	18%	2%
Yes, but female told only during pregnancy	1%	1%	*%	-	1%	-	-
No	71%	76%	70%	69%	38%	82%	96%
Told borderline high or hypertensive	1%	1%	-	-	2%	-	2%
Not sure/ Refused	*%	*%	-	-	*%	*%	-

Of those who have been told they have high blood pressure, 77% are currently taking medication to help control it, which is in the middle of the range measured since 2014. This question was not asked in 2012.

High Blood Pressure Medication

Asked if respondent has high blood pressure



Q4.1A. Are you currently taking medication to help with your high blood pressure?
(Question not asked in 2012)

Residents who have been told they have high blood pressure are more likely to take medication the older they are, or if they are married or widowed.

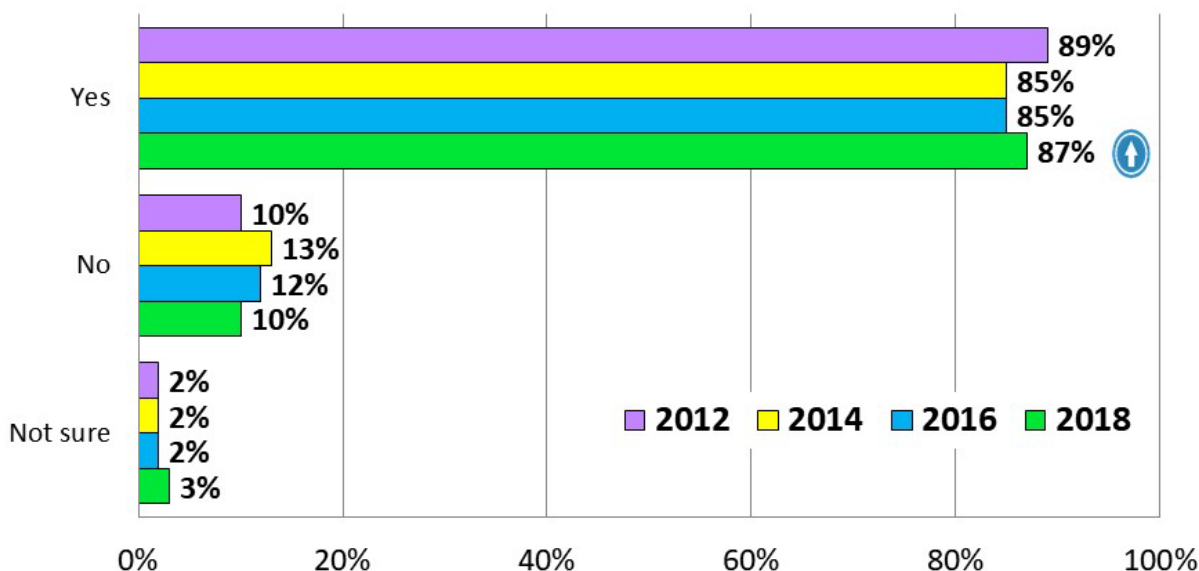
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	77%	16%	47%	56%	76%	82%	92%	93%
No	23%	84%	53%	44%	24%	18%	7%	7%
Not sure/Refused	*%	-	-	-	-	-	*%	-

2018 Marital Status Breakouts	All	Married	Divorced	Widowed	Never Married	Unmarried Couple
Yes	77%	80%	81%	96%	46%	70%
No	23%	20%	19%	4%	54%	30%
Not sure/Refused	*%	*%	-	-	-	-

Eighty-seven percent can remember having their blood cholesterol checked, a number that is slightly higher than the 85% measured in 2016 and 2014 but lower than the 89% measured in 2012. Ten percent said that their cholesterol has not been checked, while 3% were not sure.

Blood Cholesterol Test

Asked of all respondents



Q5.1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

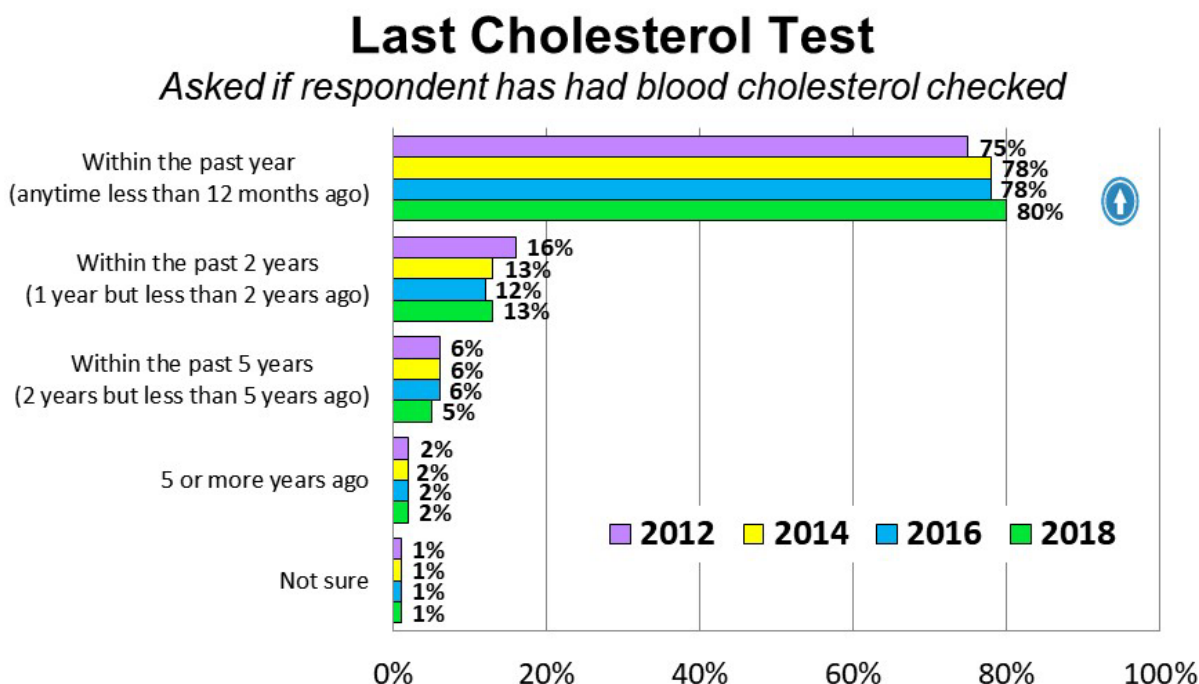
Residents are less likely to have their blood cholesterol checked if they are under age 35, or have household income under \$100,000, or if they are normal weight or underweight.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	87%	60%	75%	90%	95%	97%	97%	92%
No	10%	34%	20%	6%	4%	2%	2%	4%
Not sure/Refused	3%	6%	5%	3%	2%	1%	1%	4%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	87%	80%	84%	85%	93%	94%
No	10%	17%	14%	11%	4%	4%
Not sure/Refused	3%	4%	2%	4%	3%	2%

2018 BMI Breakouts	All	Underweight (<18.5)	Normal (18.5 – 24.9)	Overweight (25.0 – 29.9)	Obese (30.0+)
Yes	87%	68%	81%	87%	92%
No	10%	23%	14%	11%	6%
Not sure/ Refused	3%	9%	5%	2%	3%

For those who could remember a cholesterol test, 80% said the test was within the past year, a number that is slightly higher than previous years. Thirteen percent said the test was between one and two years ago, 5% said it was between two and five years ago, and 2% said it was five or more years in the past.



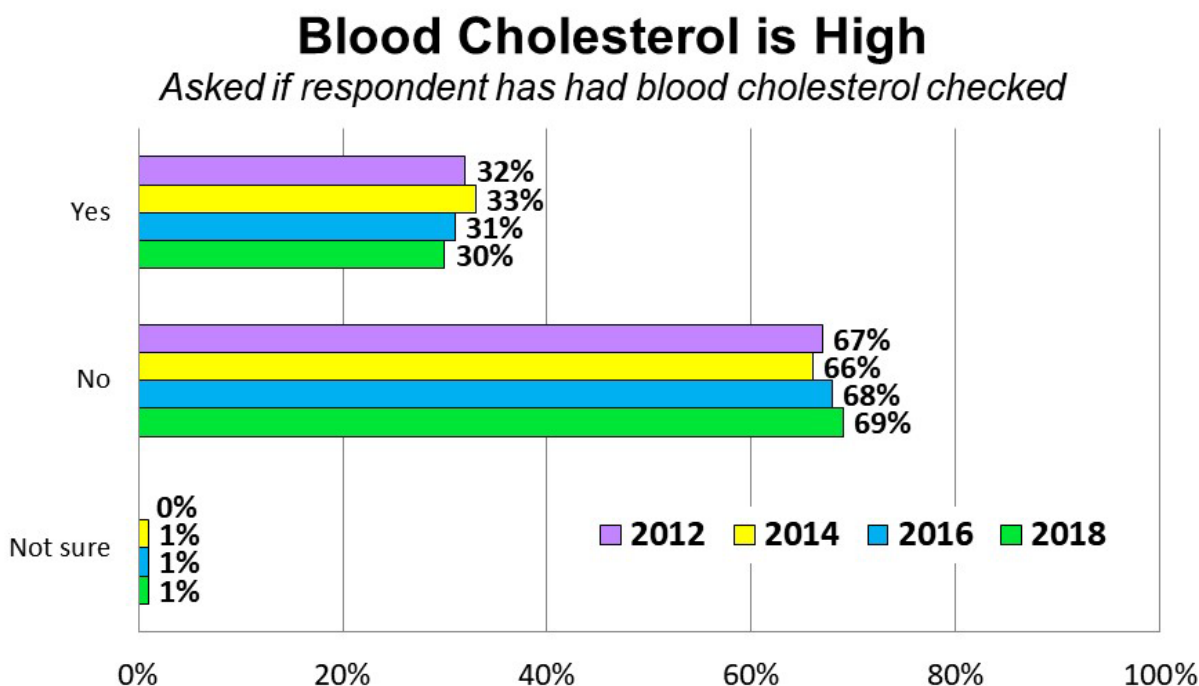
Q5.2. About how long has it been since you last had your blood cholesterol checked?

Residents age 55 or above, and those who have less than a high school education, are more likely than others to have had a blood cholesterol test in the past year.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Within the past year	80%	76%	74%	73%	77%	86%	89%	93%
1 year but less than 2 years ago	13%	19%	14%	15%	15%	8%	7%	5%
2 years but less than 5 years ago	5%	1%	8%	9%	5%	3%	2%	1%
5 or more years ago	2%	2%	3%	2%	2%	2%	1%	1%
Not sure/ Refused	1%	1%	1%	1%	1%	*%	1%	*%

2018 Education Breakouts	All	Less than High School	High School or GED	Some College	4-Year Degree	Post-graduate
Within the past year	80%	95%	81%	81%	78%	79%
1 year but less than 2 years ago	13%	5%	11%	12%	13%	13%
2 years but less than 5 years ago	5%	-	3%	3%	6%	6%
5 or more years ago	2%	-	4%	2%	2%	2%
Not sure/ Refused	1%	-	1%	1%	1%	*%

Thirty percent of those who could remember having a cholesterol test said they were told their blood cholesterol was high. This represents a slight decrease from prior years.



Q5.3. Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?

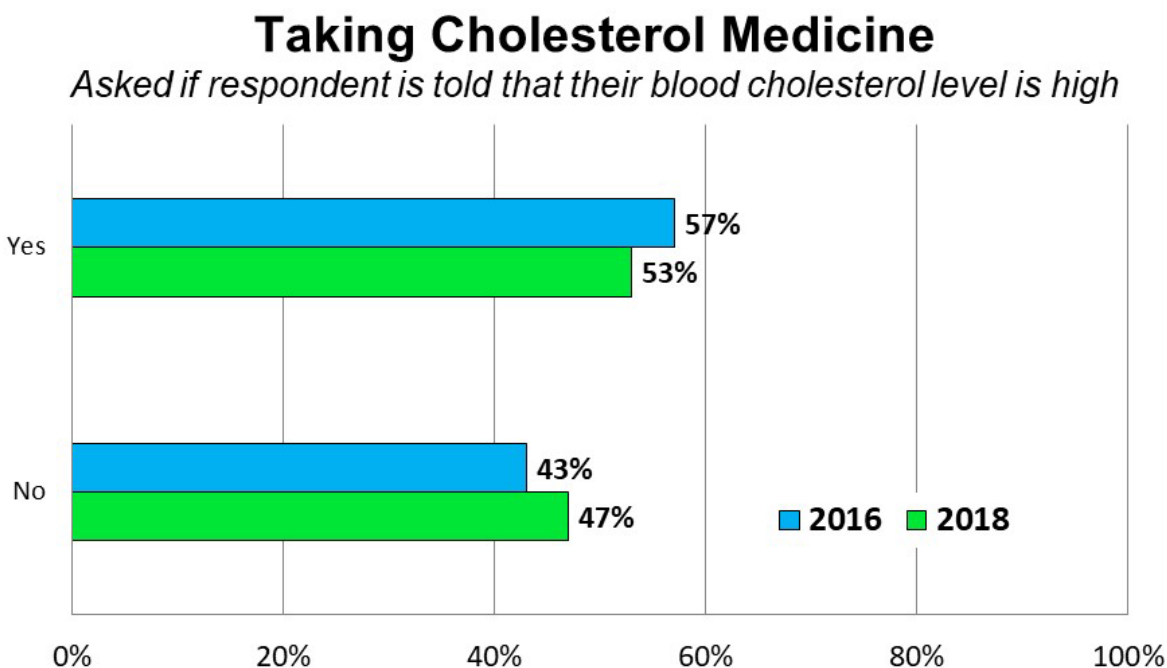
Residents are more likely to have been told their blood cholesterol is high if they are male, over age 55, or have no children in their household.

2018 Gender Breakouts	All	Male	Female
Yes	30%	36%	26%
No	69%	63%	73%
Not sure/ Refused	1%	1%	1%

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	30%	19%	12%	24%	29%	44%	52%	53%
No	69%	79%	87%	75%	71%	55%	45%	46%
Not sure/Refused	1%	2%	1%	1%	*%	*%	2%	1%

2018 Parent Breakouts	All	Has Children	No Children
Yes	30%	23%	37%
No	69%	76%	61%
Not sure/ Refused	1%	1%	1%

Fifty-three percent of those who have been told in the past that their blood cholesterol is high are now taking medication to help with their cholesterol. This represents a 4% decrease from 2016.



Q5.4. Are you now taking medicine to help with your cholesterol?
(Question not asked in 2012, 2014)

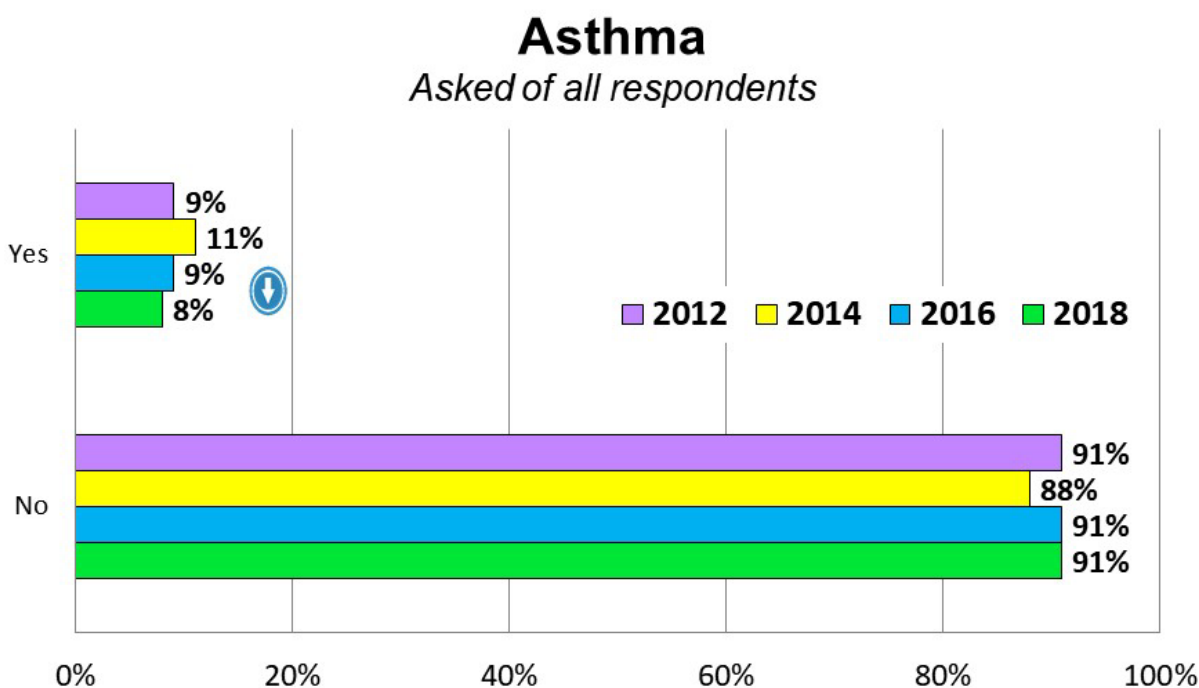
Those less likely to be taking cholesterol medication are under age 45, identify as Hispanic or Asian, or have children in their household.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	53%	11%	18%	27%	45%	66%	75%	83%
No	47%	89%	82%	73%	55%	34%	25%	15%
Not sure/Refused	*%	-	-	-	-	-	-	1%

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	53%	56%	57%	40%	33%	66%
No	47%	44%	43%	60%	67%	34%
Not sure/Refused	*%	*%	-	-	-	-

2018 Parent Breakouts	All	Has Children	No Children
Yes	53%	34%	63%
No	47%	66%	37%
Not sure/ Refused	*%	-	*%

Eight percent of Howard County residents said they currently have asthma. This represents a slight decrease from 2016 and 2014. In 2012, through a slightly different question, 9% said they had asthma.



Q6.5. Do you currently have asthma?

2012: (Have you ever been) told you have asthma? (If yes): Do you still have asthma?

Residents are more likely to report having asthma if they are female, Hispanic, or obese.

2018 Gender Breakouts	All	Male	Female
Yes	8%	5%	11%
No	91%	94%	89%
Not sure/ Refused	1%	1%	*%

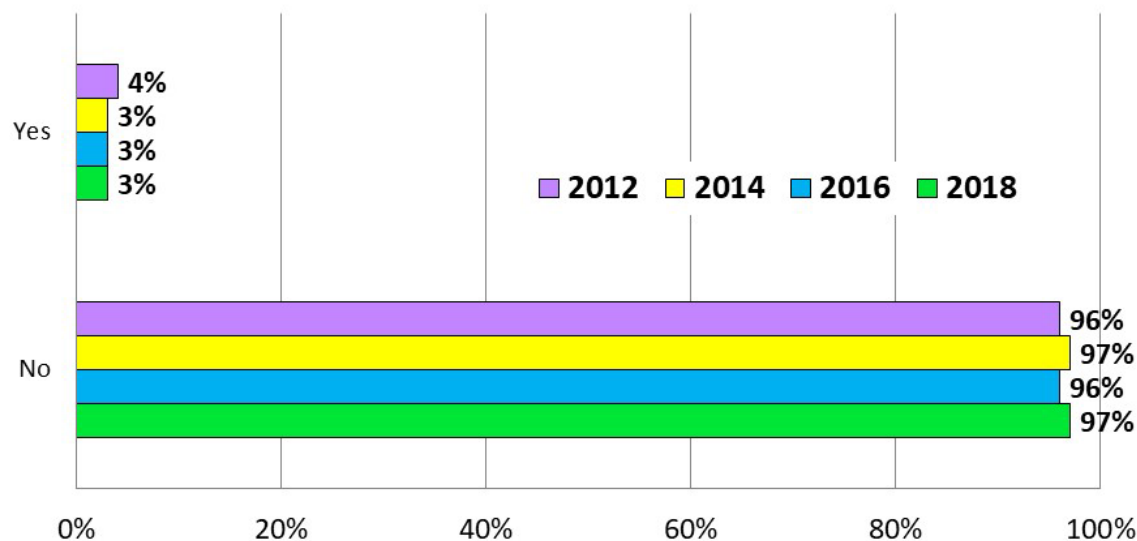
2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	8%	10%	6%	2%	22%	9%
No	91%	89%	94%	98%	78%	88%
Not sure/Refused	1%	1%	*%	*%	-	3%

2018 BMI Breakouts	All	Underweight (<18.5)	Normal (18.5 – 24.9)	Overweight (25.0 – 29.9)	Obese (30.0+)
Yes	8%	13%	4%	9%	12%
No	91%	87%	95%	91%	87%
Not sure/ Refused	1%	-	1%	-	1%

Three percent of residents said they have been told they have chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis. This number is virtually unchanged since 2012.

COPD, Emphysema, or Chronic Bronchitis

Asked of all respondents



Q6.8. (Ever told) you have (COPD) chronic obstructive pulmonary disease, emphysema or chronic bronchitis?

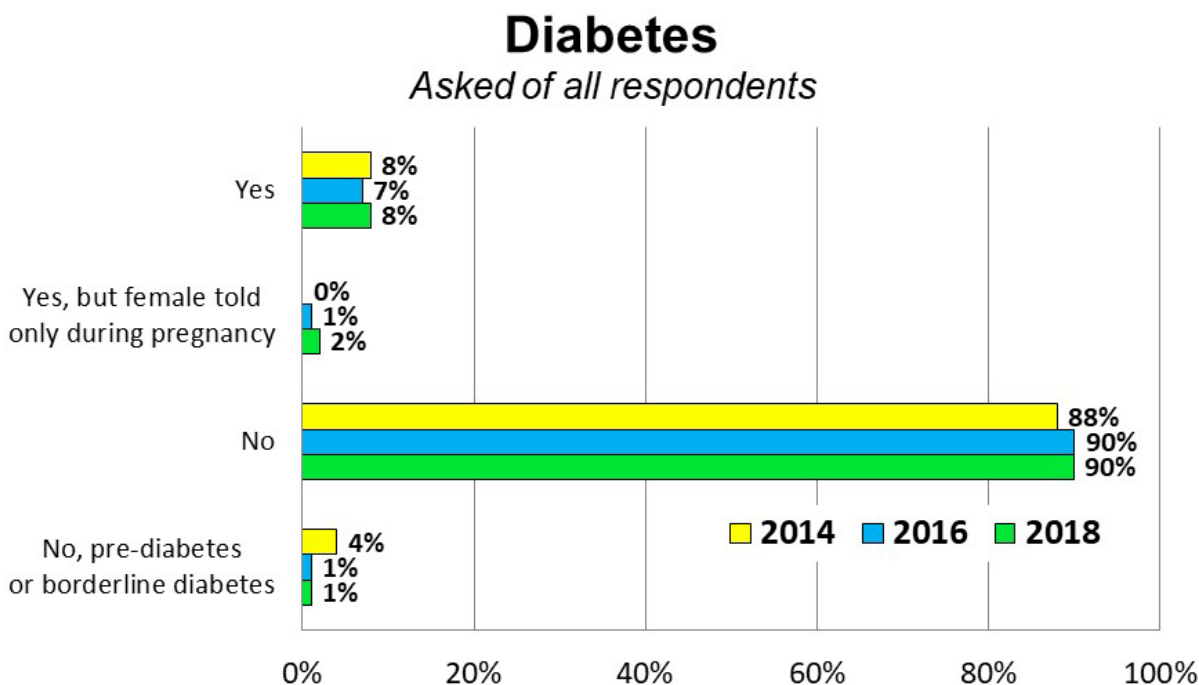
Residents are more likely to have been told they have COPD if they are age 65 or above, or if they are retired.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	3%	-	1%	1%	2%	3%	7%	11%
No	97%	100%	99%	99%	97%	96%	93%	89%
Not sure/Refused	*%	-	*%	*%	*%	*%	*%	-

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Yes	3%	2%	1%	5%	8%	3%	-
No	97%	98%	99%	95%	92%	97%	100%
Not sure/Refused	*%	*%	*%	-	-	1%	-

Diabetes

Eight percent of residents have been told they have diabetes, up slightly from the 7% reported in 2016, and on a par with the 8% who said so in 2014. An additional 2% are women who were told only when they were pregnant that they had diabetes, and 1% volunteered that they were told they had pre-diabetes or borderline diabetes.



Q6.13. (Ever told) you have diabetes?
(2012 data for this question is not comparable.)

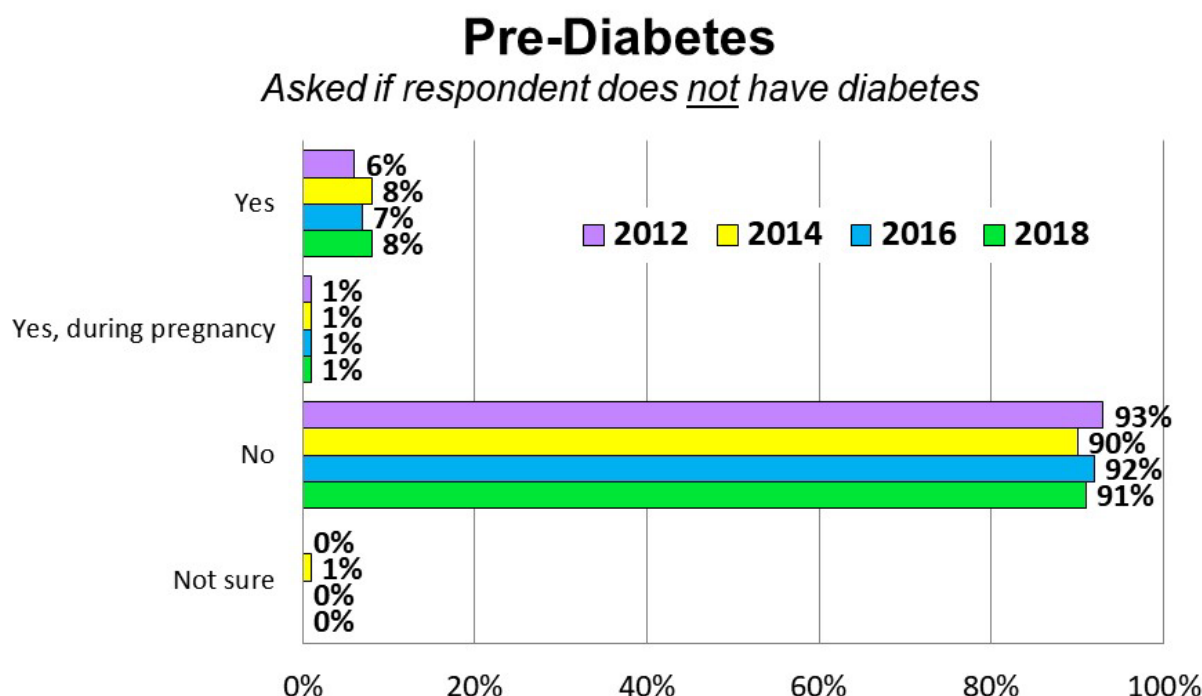
Residents are more likely to have been told they have diabetes if they are age 55 or above, have no children in the household, or are retired.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	8%	*%	2%	4%	8%	12%	23%	20%
Yes, but female told only during pregnancy	2%	*%	2%	2%	3%	1%	1%	1%
No	90%	100%	95%	94%	88%	86%	72%	76%
No, pre-diabetes or borderline diabetes	1%	*%	*%	*%	1%	1%	2%	3%
Not sure/ Refused	*%	*%	*%	*%	*%	*%	1%	*%

2018 Parent Breakouts	All	Has Children	No Children
Yes	8%	4%	11%
Yes, but female told only during pregnancy	2%	3%	1%
No	90%	93%	87%
No, pre-diabetes or borderline diabetes	1%	*%	1%
Not sure/ Refused	*%	*%	*%

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Yes	8%	6%	5%	14%	20%	6%	1%
Yes, but female told only during pregnancy	2%	2%	1%	1%	1%	6%	1%
No	90%	92%	93%	85%	77%	87%	98%
No, pre-diabetes or borderline diabetes	1%	1%	1%	-	2%	-	-
Not sure/ Refused	*%	*%	-	-	*%	1%	-

Of those who have *not* been told they have diabetes, 8% said they have been told they have pre-diabetes or borderline diabetes. This is slightly higher than the 7% measured in 2016, on a par with the 8% measured in 2014, and less than the 6% measured in 2012. Another 1% in all reporting periods were women who said they received this diagnosis only while they were pregnant.



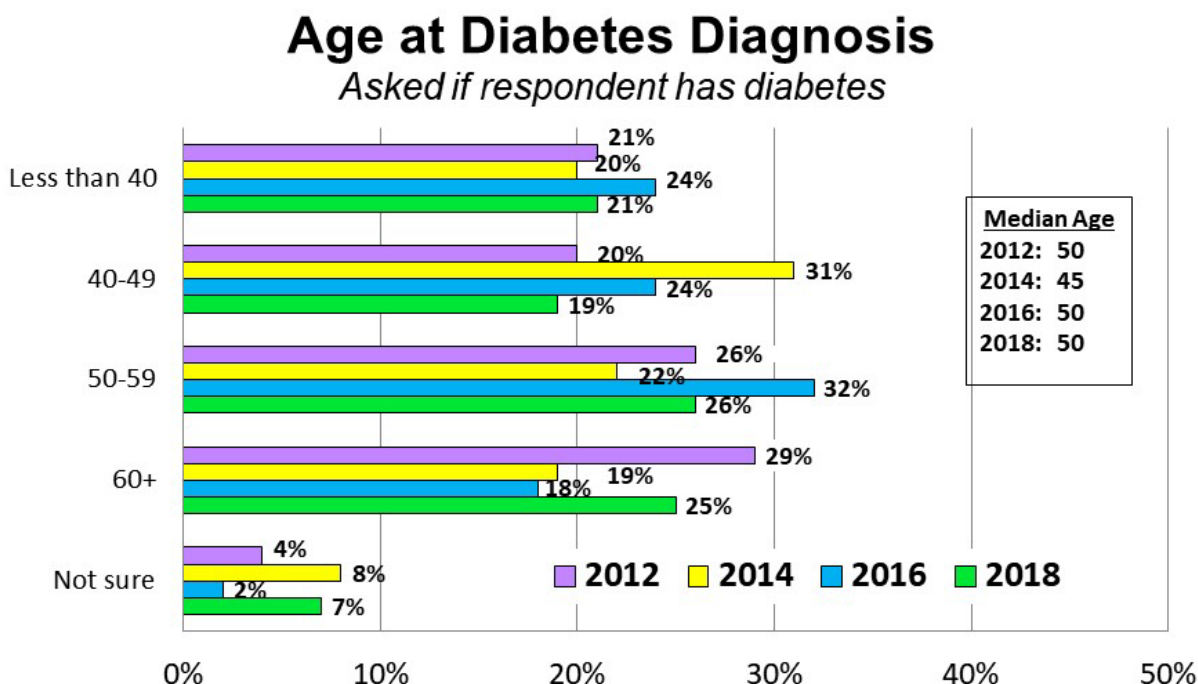
M01.2. Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

Residents are more likely to have been told they have pre-diabetes or borderline diabetes if they are age 55 or above, or are obese.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	8%	1%	3%	5%	10%	15%	15%	15%
Yes, during pregnancy	1%	1%	3%	1%	2%	-	-	0%
No	91%	98%	94%	93%	88%	84%	83%	84%
Not sure/ Refused	0%	-	-	0%	-	1%	1%	0%

2018 BMI Breakouts	All	Underweight (<18.5)	Normal (18.5 – 24.9)	Overweight (25.0 – 29.9)	Obese (30.0+)
Yes	8%	2%	3%	8%	13%
Yes, during pregnancy	1%	-	1%	2%	1%
No	91%	98%	95%	89%	86%
Not sure/ Refused	0%	-	0%	0%	0%

Based on their recollection, residents with diabetes were first told they had diabetes at the median age of 50. The median has consistently been age 50, with the exception of 2014 when it was somewhat lower at age 45. The relatively small sample size of people with diabetes can introduce variability into the numbers, as illustrated below.



M02.1. How old were you when you were told you have diabetes?

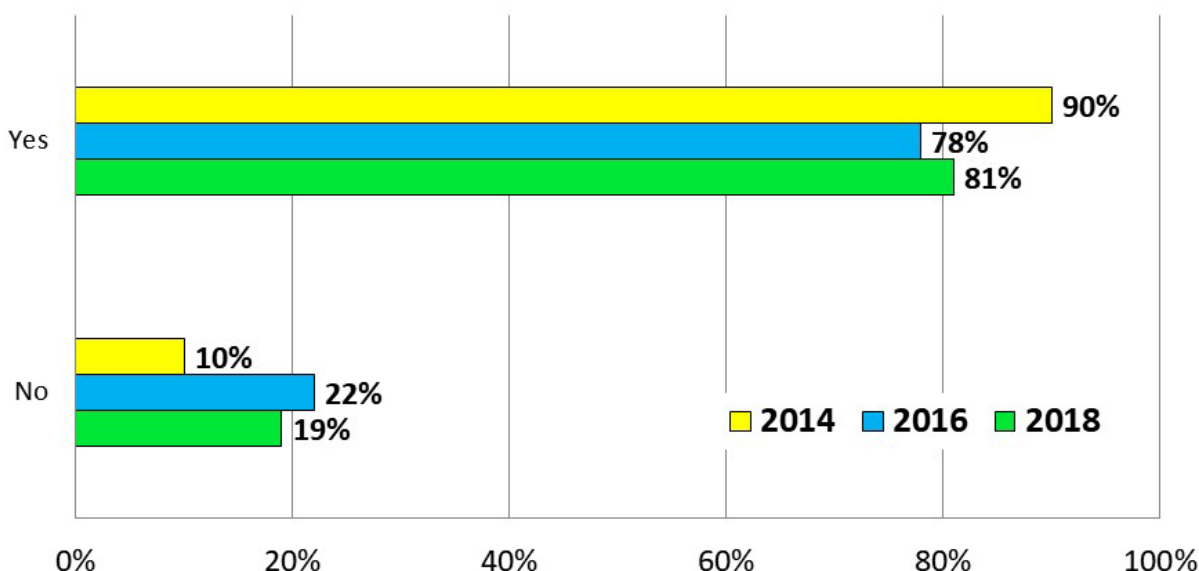
Those earning less than \$50,000 were the most likely to have been told they have diabetes prior to the age of 30, though the median age of diagnosis is near 50 for all income groups.

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Less than 30	9%	23%	6%	4%	9%	11%
30-39	12%	9%	19%	16%	-	14%
40-49	19%	14%	19%	19%	39%	13%
50-59	26%	26%	29%	23%	19%	30%
60+	25%	23%	19%	30%	26%	25%
Not sure/ Refused	8%	6%	9%	8%	8%	8%
Median age	50	50	50	51	49	51

Eighty-one percent of residents who have been told they have diabetes said they are now taking insulin or other medicine to help with the disease. This is an increase from the 78% measured in 2016 and a decrease from the 90% measured in 2014.

Taking Medicine for Diabetes

Asked if respondent has diabetes

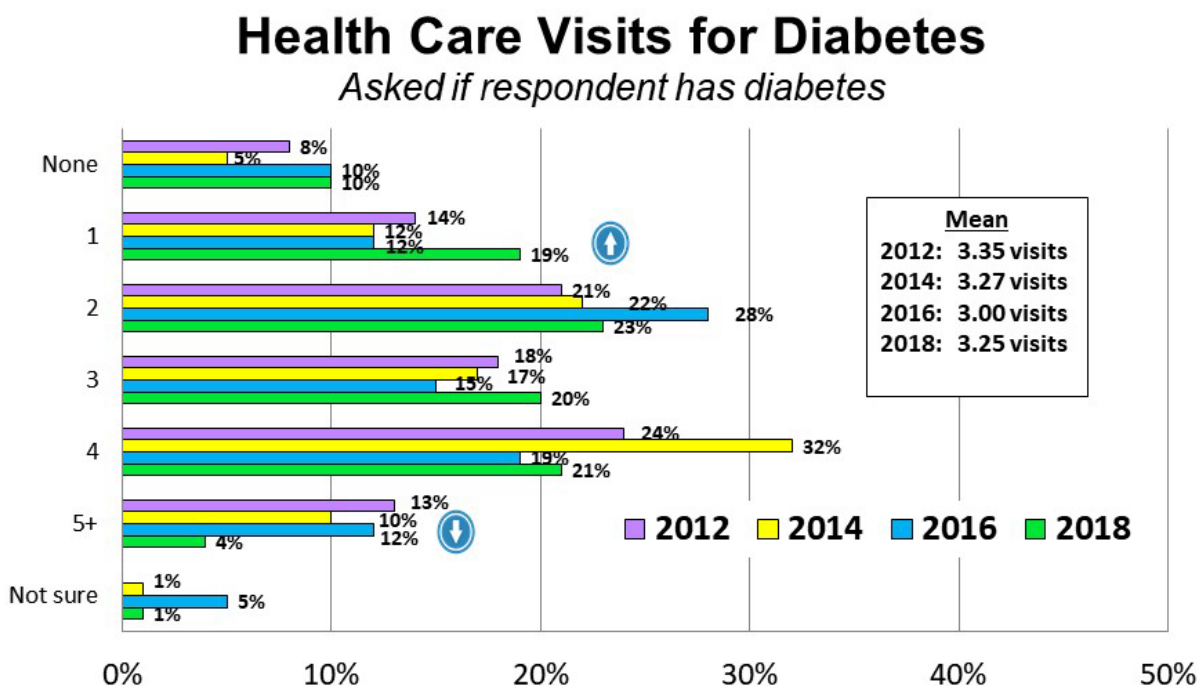


M02.2. Are you now taking insulin or other medicine to help with your diabetes? (Question not asked in 2012.)

Those earning between \$100,000 - \$149,999 were more likely than others to be taking insulin or other medication to help with their diabetes.

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	81%	80%	78%	91%	81%	75%
No	19%	20%	22%	9%	19%	25%
Not sure/Refused	*%	-	-	-	-	-

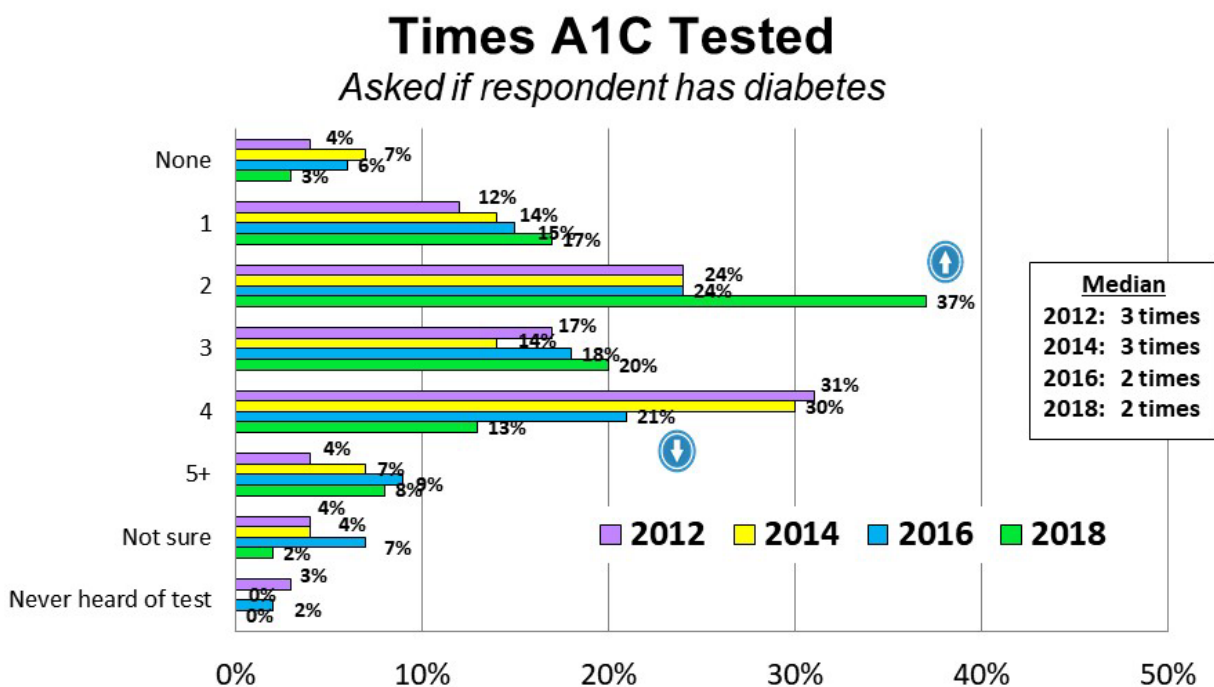
In the 2018 survey, residents with diabetes said they had seen a health professional for their diabetes an average (mean) of 3.25 times in the prior 12 months. Though there is some variability in these numbers due to a relatively small sample size of people with diabetes, this mean falls within its normal range based on past surveys.



M02.5. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

Due to a small sample size, there are no statistically significant subgroup differences to note.

Residents with diabetes received the A1C test a median of two times over the prior 12 months, according to both the 2018 and 2016 surveys. In 2014 and 2012, the median was slightly higher at three times.

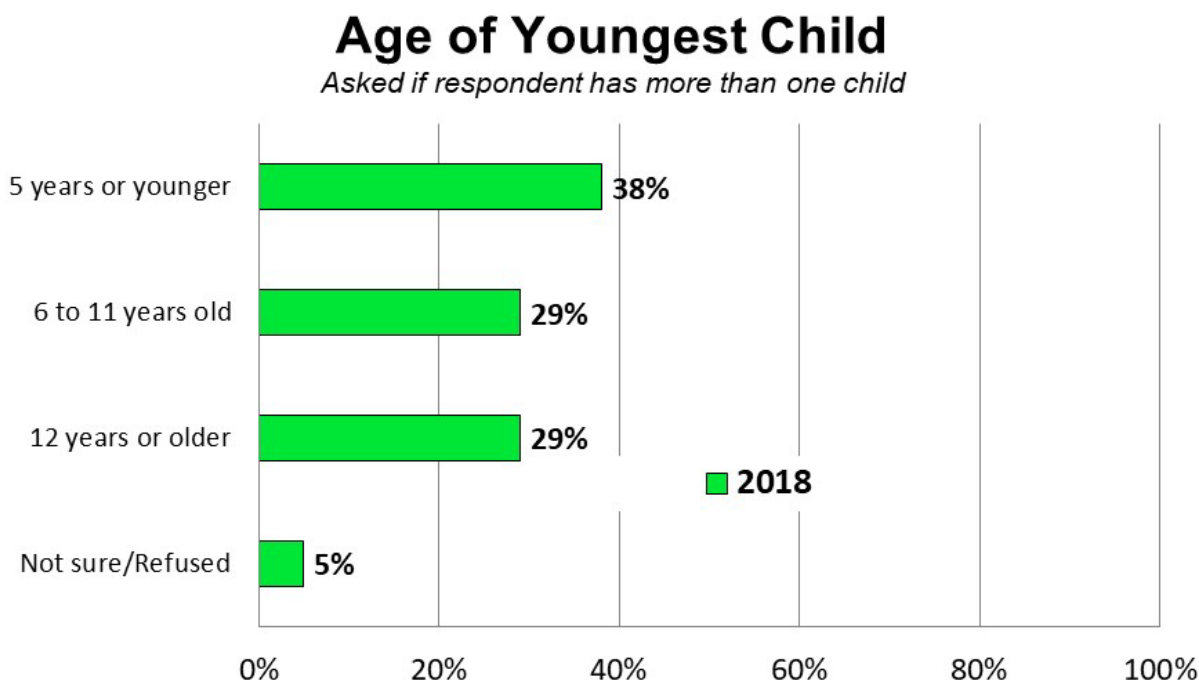


M02.6. A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?

Due to a small sample size, there are no statistically significant subgroup differences to note.

Children's Health

Among households with more than one child, the youngest child was 5 or younger in 38% of households, age 6 to 11 in 29% of households, and was 12 or older for 29%.



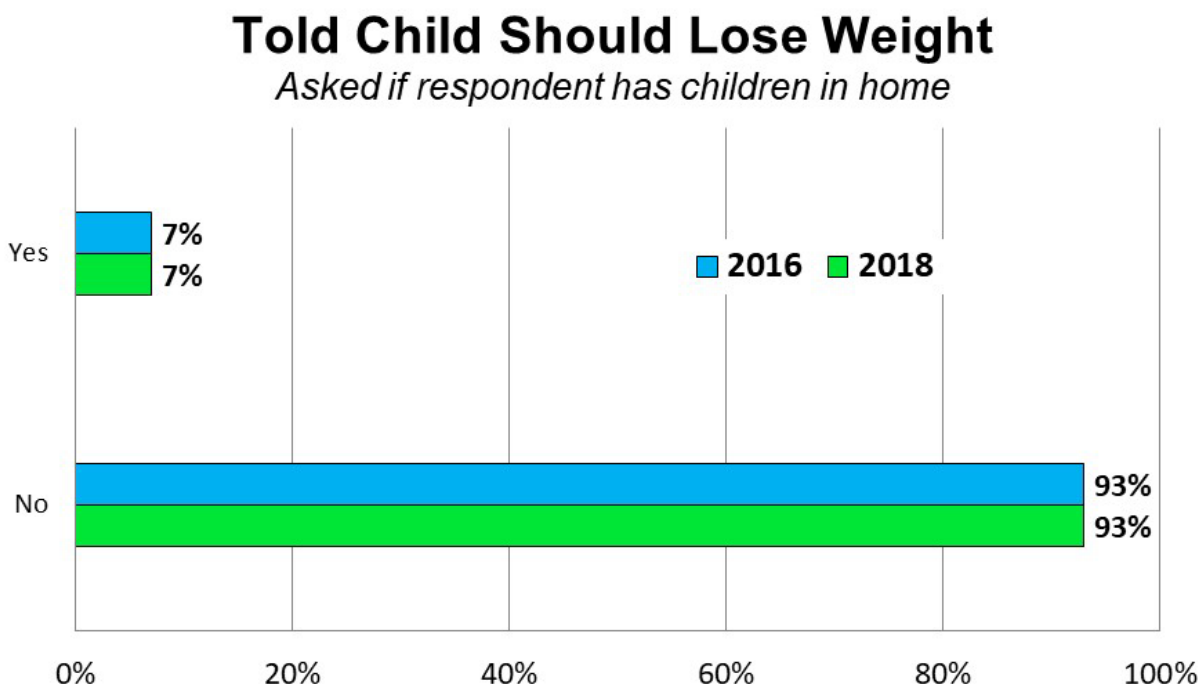
Q8.7AA. What is the age of your youngest child?
(Not asked in 2012, 2014 and 2016)

This table details the age profile of survey respondents and the children that are in their households. Progressing from youngest to oldest, this table illustrates the presence of siblings in the youngest age group, through young families and growing children, and eventually grandparents with young children in their households.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
5 years or younger	38%	3%	65%	50%	14%	2%	28%	38%
6 to 11 years old	29%	18%	21%	36%	32%	18%	32%	-
12 years or older	29%	52%	9%	12%	53%	78%	40%	62%
Not sure/Refused	4%	27%	6%	1%	1%	2%	-	-

Six questions related to children's health issues were asked in 2016 and 2018.

For those respondents with at least one child at home, 7% in 2018 said they had been told by a health care professional that their child should lose weight. This is unchanged from 2016.

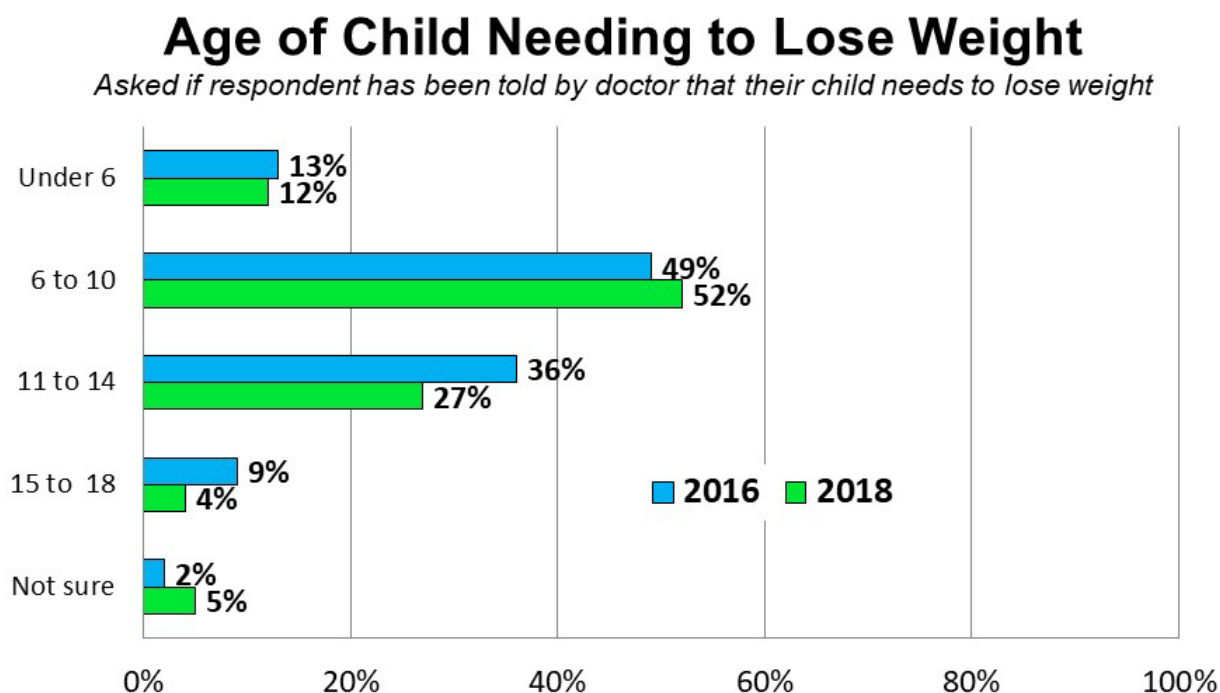


Q8.7A. Have you ever been told by a health care professional that your child should lose weight?
(Not asked in 2012 and 2014)

This is slightly more common in the Elkridge and Laurel regional planning areas, and slightly less common in Columbia.

2018 Planning District Breakouts	All	West County	Ellicott City	Columbia	Elkridge	Laurel
Yes	7%	6%	5%	4%	9%	11%
No	94%	95%	96%	91%	89%	%

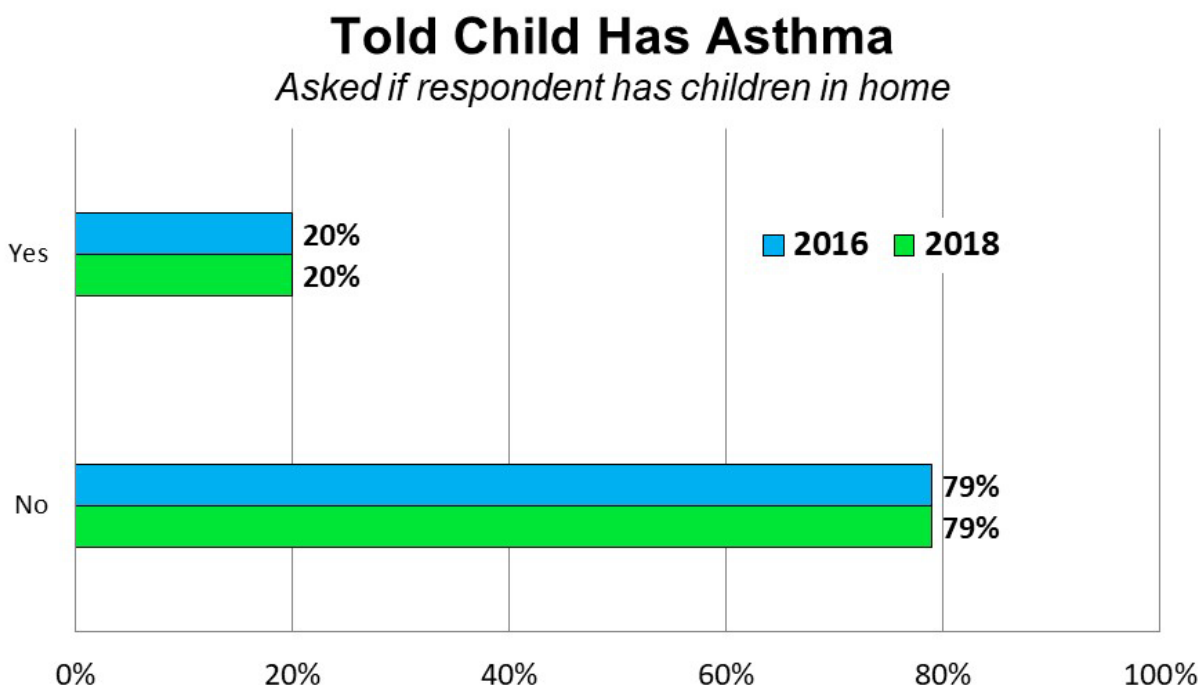
Of those children needing to lose weight, 52% were between the ages of 6 and 10, and 27% were between the ages of 11 and 14. Given a very small sample size for this question, these numbers do represent a significant change.



Q8.7B. What age were they at the time?
(Not asked in 2012 and 2014)

The next two questions asked about chronic health conditions in children.

Twenty percent of the respondents with children said they had been told by their health care provider that a child in their household had asthma. This is unchanged from 2016.



Q8.7C. Has a doctor or other health care provider ever told you that any child in your household had asthma ?
(Not asked in 2012 and 2014)

Parents and caregivers of children are more likely to have been told that their child has asthma if they were female, between the age of 18 to 24 or age 75 or more, or African-American.

2018 Gender Breakouts	All	Male	Female
Yes	20%	15%	23%
No	79%	82%	77%
Not sure/Refused	1%	3%	*%

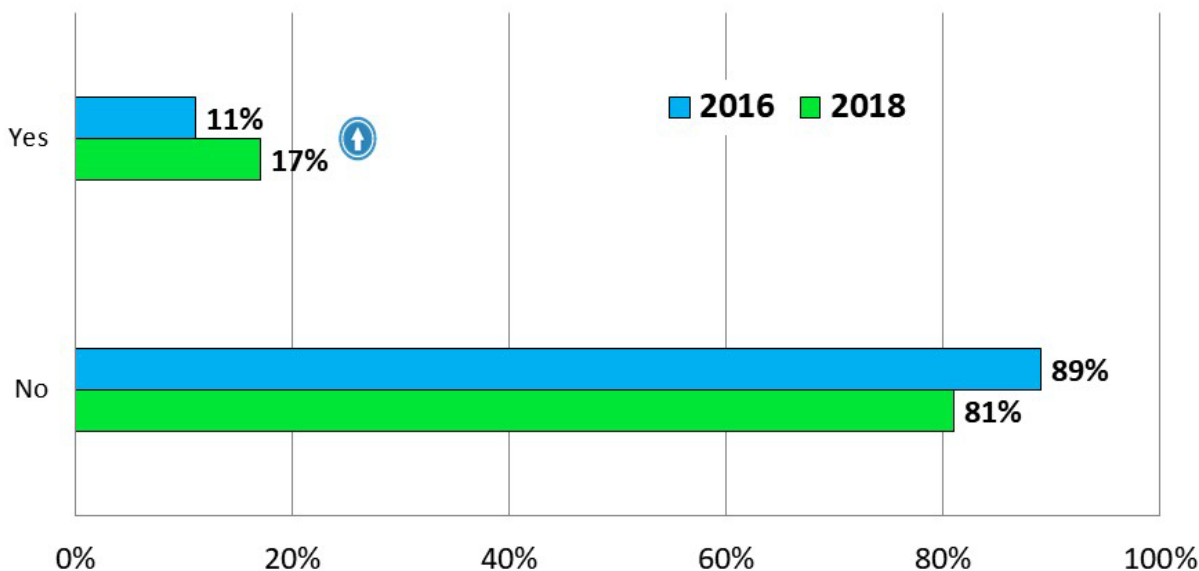
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	20%	32%	10%	20%	21%	21%	9%	39%
No	79%	62%	87%	79%	79%	78%	91%	61%
Not sure/Refused	1%	6%	3%	*%	1%	-	-	-

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	20%	21%	26%	16%	12%	27%
No	79%	78%	71%	84%	85%	73%
Not sure/Refused	1%	1%	2%	*%	3%	*%

Seventeen percent of the respondents with children said that their health care provider has told them that their child had depression or anxiety problems. This is a noticeable increase from the 11% reported in 2016.

Told Child Has Depression/ Anxiety Problems

Asked if respondent has children in home



Q8.7D. Has a doctor or other health care provider ever told you that any child in your household had depression/ anxiety problems?
(Not asked in 2012 and 2014)

Women are more likely to have been told that their child has depression or anxiety problems, as are parents and caregivers between the ages of 18 and 24, or between the ages of 55 and 64, or who are White. Though most differences based on educational attainment do not rise to the level of statistical significance, it appears that parents and guardians with lower education levels are more likely to be told their children are experiencing depression or anxiety problems.

2018 Gender Breakouts	All	Male	Female
Yes	17%	13%	21%
No	81%	85%	79%
Not sure/ Refused	2%	3%	*%

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	17%	40%	9%	10%	20%	32%	26%	45%
No	81%	55%	90%	89%	80%	66%	74%	55%
Not sure/ Refused	2%	6%	1%	*%	1%	2%	-	-

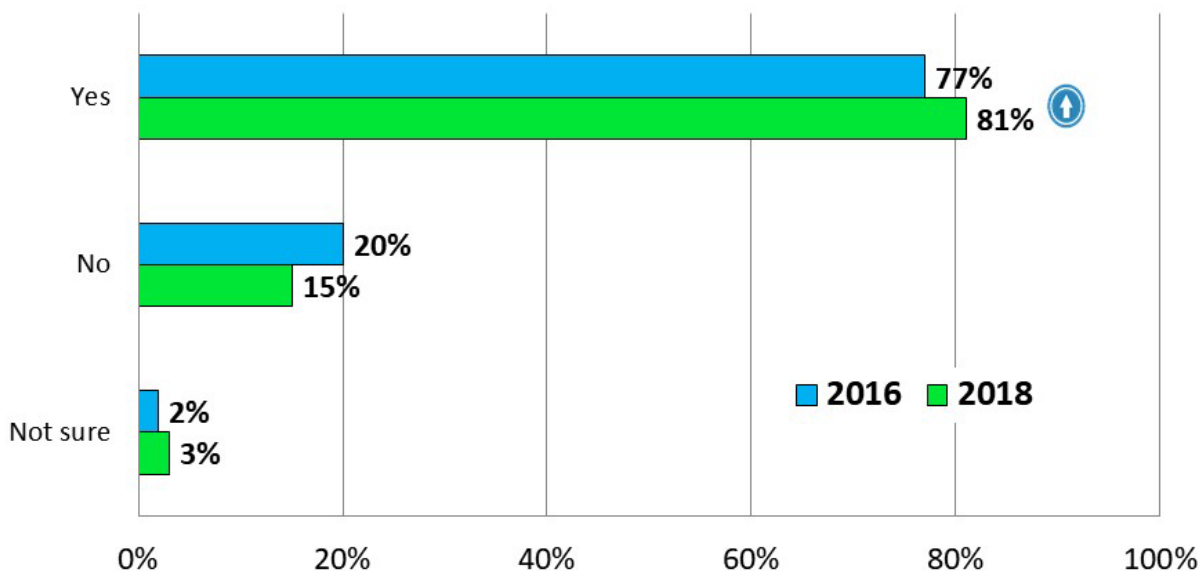
2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	17%	23%	14%	7%	26%	10%
No	81%	75%	83%	92%	71%	90%
Not sure/ Refused	2%	1%	2%	*%	3%	-

2018 Education Breakouts	All	<HS	HS/GED	Some College	4-Year degree	Grad Work
Yes	17%	34%	25%	24%	15%	13%
No	81%	66%	68%	25%	85%	86%
Not sure/ Refused	2%	-	7%	2%	-	1%

The next two questions asked about breastfeeding. More than three-quarters (81%) indicated that they had breastfed their child or fed their child breastmilk. This is an increase from the 77% reported in 2016.

Was Youngest Child Breastfed

Asked if respondent has children in home



Q8.7F. Was your youngest child ever breastfed or fed breast milk?
(Not asked in 2012 and 2014)

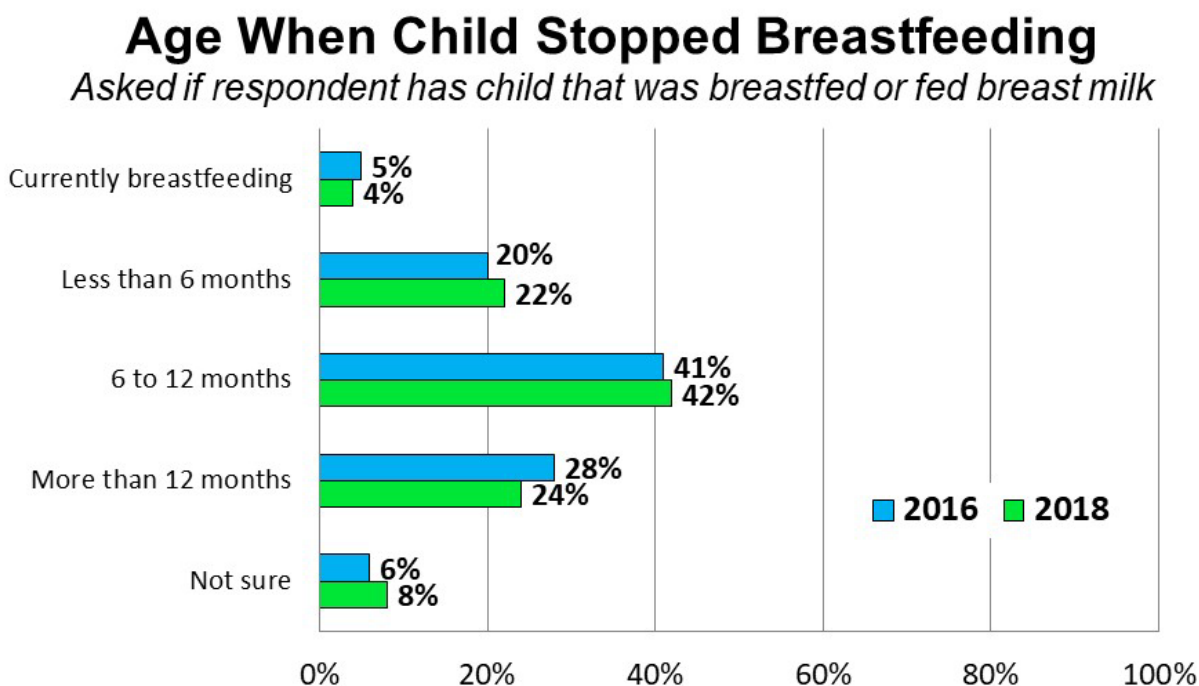
Children are more likely to have been breastfed if the parent or caregiver is between the ages of 35 and 44, is Asian or identifies as “some other” race or ethnicity, or if the household earns between \$100,000 and \$150,000 per year.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	81%	80%	77%	87%	80%	72%	55%	39%
No	15%	7%	18%	12%	16%	25%	31%	47%
Not sure/ Refused	4%	12%	5%	1%	4%	2%	15%	13%

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	81%	80%	74%	87%	75%	93%
No	15%	15%	23%	10%	14%	7%
Not sure/ Refused	4%	5%	4%	3%	11%	-

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	81%	70%	76%	89%	83%	82%
No	15%	22%	20%	9%	14%	16%
Not sure/ Refused	4%	8%	4%	2%	3%	2%

Among respondents whose children were breastfed, 64% stopped breastfeeding within 12 months. Twenty-four percent continued breastfeeding beyond 12 months, which is a slight decrease from the 28% recorded in 2016.



Q8.7G. How old was [he/she] when [he/she] completely stopped breastfeeding or being fed breast milk?
(Not asked in 2012 and 2014)

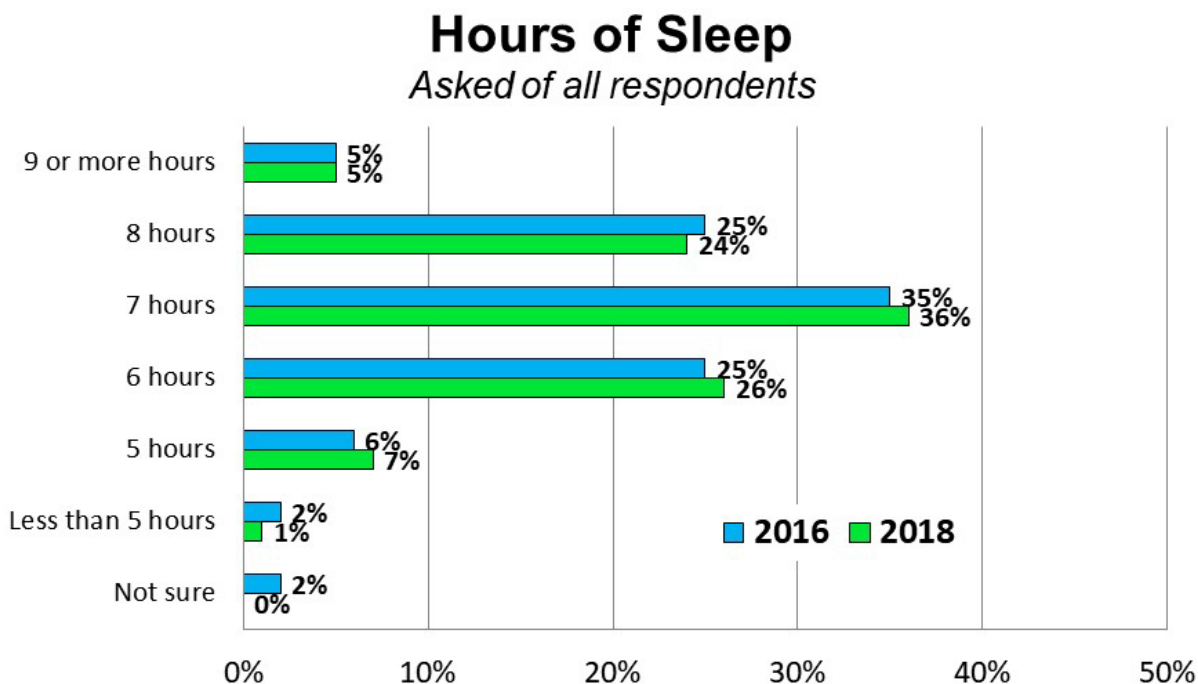
Though it does not rise to a statistically significant level, it appears that White and African-American mothers are more likely than most others to continue breastfeeding beyond 12 months. There also may be a relationship with household income, with higher-income households generally breastfeeding longer.

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Currently breastfeeding	4%	6%	4%	3%	*%	*%
Less than 6 months	22%	21%	23%	25%	24%	8%
6 to 12 months	42%	41%	43%	42%	54%	27%
More than 12 months	24%	25%	29%	17%	12%	65%
Not sure/ Refused	8%	8%	1%	13%	9%	*%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Currently breastfeeding	4%	*%	6%	6%	5%	2%
Less than 6 months	22%	28%	32%	19%	18%	19%
6 to 12 months	42%	52%	28%	37%	44%	52%
More than 12 months	24%	20%	24%	27%	29%	20%
Not sure/ Refused	8%	*%	9%	11%	5%	7%

Other Issues

Thirty-six percent of Howard County residents said they typically sleep seven hours per 24-hour period, the most common sleep duration. Twenty-six percent sleep about six hours per night, while 24% sleep eight hours in a typical 24-hour period. These numbers are virtually identical to 2016.



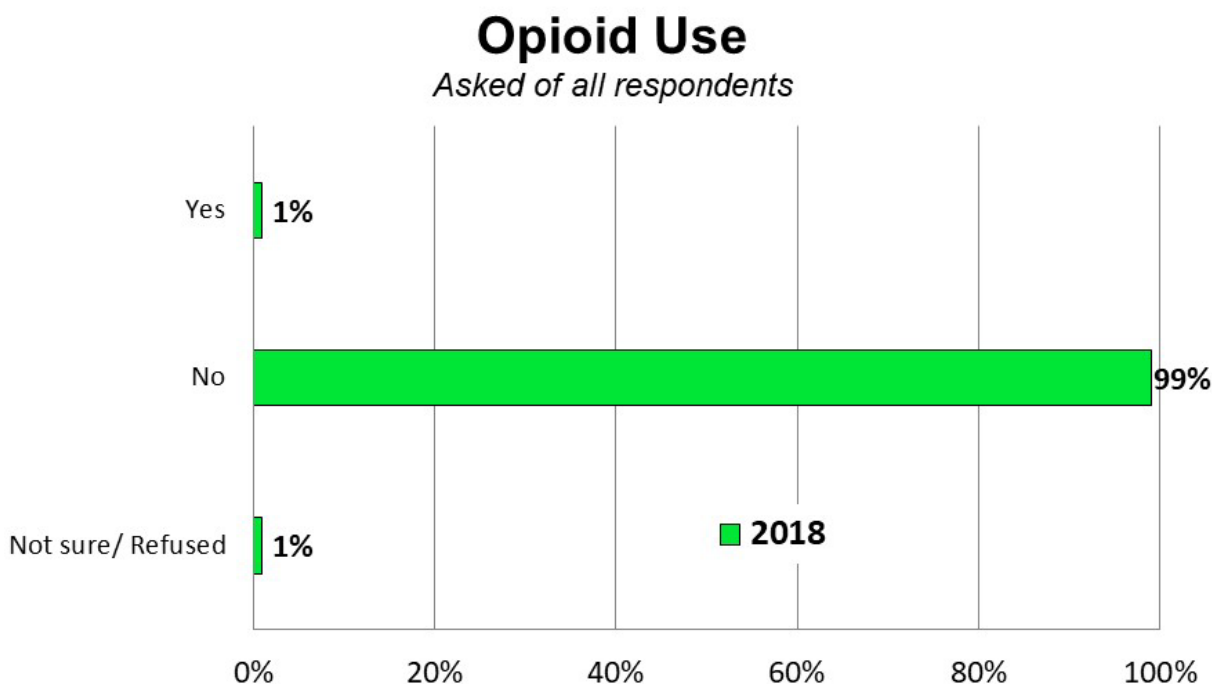
OTH2. Typically, how many hours of sleep do you get in a 24 hour period?
(Not asked in 2012 and 2014)

It appears that older residents are getting somewhat more sleep, while those who are employed are getting somewhat less.

2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
< 5 hours	1%	2%	1%	1%	1%	1%	1%	2%
5 hours	7%	5%	7%	10%	6%	6%	6%	3%
6 hours	26%	26%	30%	28%	26%	27%	21%	15%
7 hours	36%	35%	39%	35%	37%	37%	26%	30%
8 hours	24%	24%	20%	22%	23%	24%	35%	30%
9 or more hours	5%	8%	2%	3%	5%	4%	11%	17%
Not sure/Refused	1%	-	1%	*%	1%	1%	1%	3%

2018 Employment Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
< 5 hours	1%	2%	*%	2%	2%	-	-
5 hours	7%	7%	6%	11%	4%	5%	6%
6 hours	26%	28%	28%	18%	16%	28%	31%
7 hours	36%	37%	33%	34%	29%	39%	35%
8 hours	24%	22%	27%	19%	37%	18%	21%
9 or more hours	5%	3%	5%	16%	11%	5%	7%
Not sure/Refused	*%	*%	1%	1%	2%	5%	-

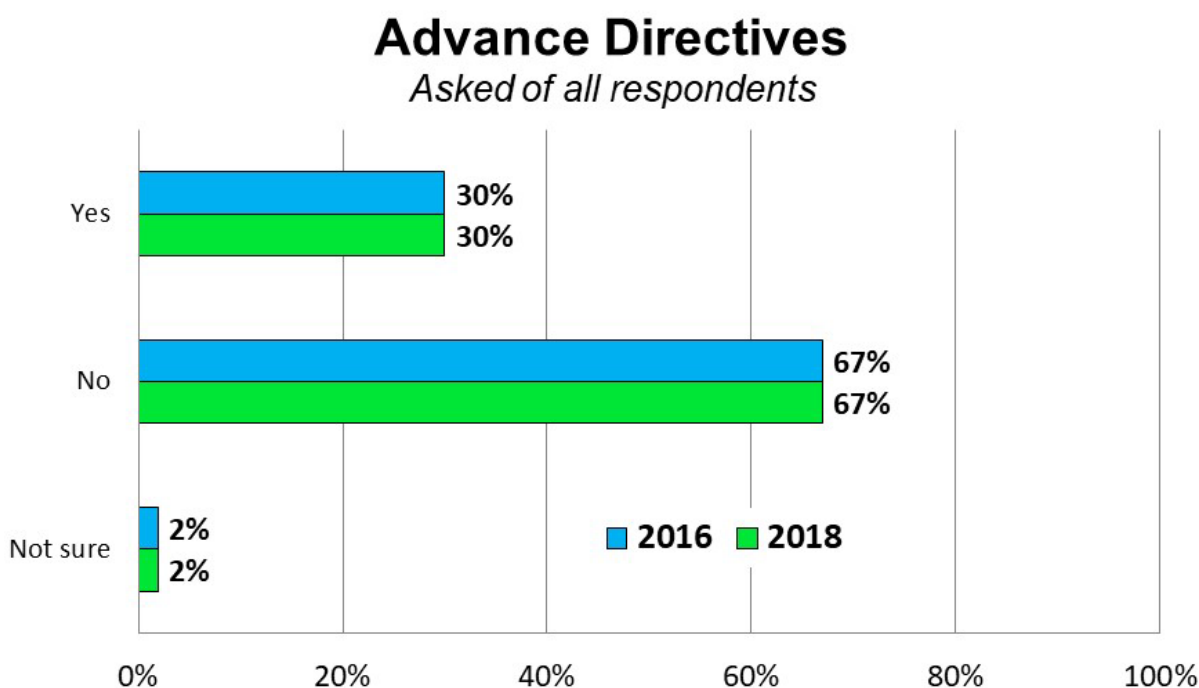
In a new question for 2018, 99% of Howard County residents said that neither they nor an immediate family member used heroin or an opioid without a prescription or more frequently than prescribed.



OTH4. In the past 12 months did you or an immediate family member use heroin or any type of opioid that you or they did not have a prescription for, or took more frequently than prescribed on one or more occasions?
(Not asked in 2012, 2014 and 2016)

Due to the very small sample size of those who acknowledge inappropriate opioid use, there are no statistically significant subgroup differences for this question.

Thirty percent of Howard County residents said they have a signed advance directive based on this description: “Advance directives are legal documents that allow you to spell out your decisions about end-of-life care ahead of time. This is not a will by which you dispose of property, but is how you communicate decisions about the type of health care you would like to receive if you are unable to speak for yourself.” This is identical to the number recorded in 2016.



ACP1. Do you currently have a signed advance directive?
(Not asked in 2012 and 2014)

Residents are more likely to have an advance directive if they live in West County, are over age 55, are White, earn more than \$150,000, or are widowed.

2018 Planning District Breakouts	All	West County	Ellicott City	Colombia	Elk Ridge	Laurel
Yes	30%	40%	34%	28%	23%	24%
No	67%	57%	63%	69%	73%	73%
Not sure/ Refused	3%	2%	4%	2%	4%	3%

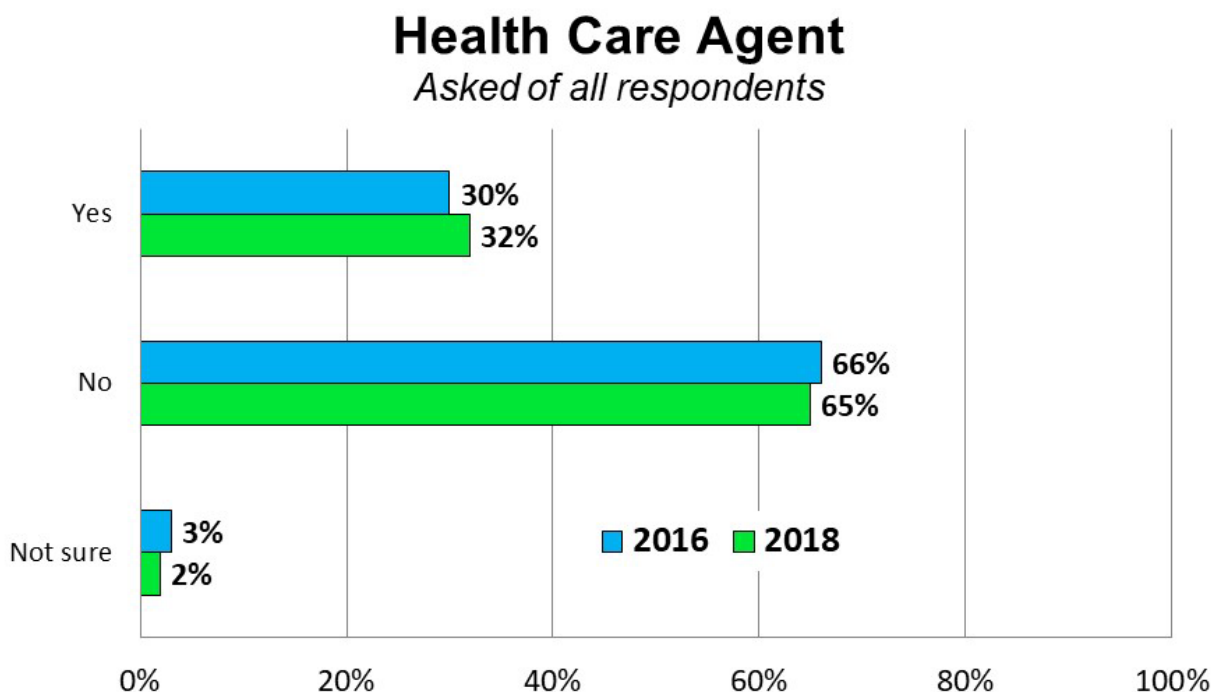
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	30%	3%	12%	26%	34%	44%	54%	67%
No	67%	92%	84%	72%	64%	52%	44%	31%
Not sure/ Refused	3%	5%	3%	2%	2%	3%	2%	3%

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	30%	38%	23%	15%	19%	27%
No	67%	59%	75%	82%	75%	66%
Not sure/ Refused	3%	3%	1%	3%	6%	7%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	30%	16%	26%	29%	37%	43%
No	67%	79%	72%	71%	60%	56%
Not sure/ Refused	3%	6%	2%	1%	3%	*%

2018 Marital Status Breakouts	All	Married	Divorced/ Separated	Widowed	Never Married	Unmarried Couple
Yes	30%	36%	32%	66%	11%	28%
No	67%	62%	65%	32%	85%	70%
Not sure/ Refused	3%	2%	3%	2%	5%	2%

Similarly, 32% of residents said they had designated a health care agent based on this description: “A health care agent, often called a ‘proxy,’ is the person you trust to act on your behalf in the event you are unable to make health care decisions or communicate your wishes. Health care agents are often named as a part of completing an advance directive.” This is somewhat greater than the 30% who had selected a health care agent in 2016.



ACP2. Do you currently have a signed document naming your health care agent?
(Not asked in 2012 and 2014)

Residents are more likely to have named a health care agent if they are over age 55, are White, earn more than \$200,000, or are retired.

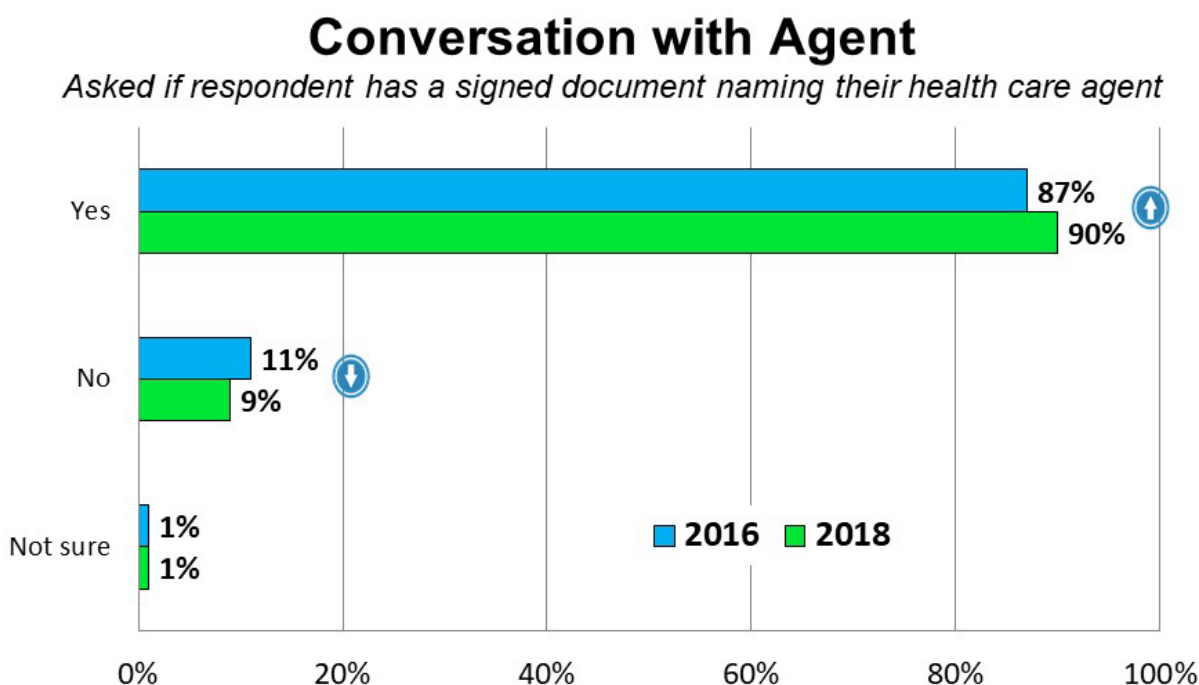
2018 Age Breakouts	All	18-24	25-34	35-44	45-54	55-64	65-74	75+
Yes	32%	9%	16%	28%	31%	47%	52%	66%
No	65%	87%	82%	70%	66%	50%	43%	28%
Not sure/Refused	3%	4%	1%	2%	3%	2%	5%	6%

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	32%	37%	26%	20%	21%	27%
No	65%	60%	72%	75%	78%	71%
Not sure/Refused	3%	2%	2%	5%	1%	2%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	32%	17%	29%	32%	37%	40%
No	65%	81%	67%	66%	61%	58%
Not sure/Refused	3%	3%	3%	1%	3%	2%

2018 Employment Status Breakouts	All	Employed	Self-Employed	Un-employed	Retired	Home-maker	Student
Yes	32%	28%	37%	20%	59%	26%	9%
No	65%	70%	59%	79%	36%	67%	87%
Not sure/Refused	3%	2%	4%	1%	5%	7%	4%

Among those who have designated a health care agent, 90% said they have had a conversation with that person to communicate their care wishes, an increase from the 87% reported in 2016. Nine percent said they have not had that conversation, while the small remainder were not sure. In 2016, 11% said they had not had such a conversation.



ACP3. Have you had a conversation with your named agent to communicate your care wishes?
(Not asked in 2012 and 2014)

These conversations are more common among White and Hispanic residents, upper-income households, and among married or divorced and separated residents.

2018 Race/ Ethnicity Breakouts	All	White	African-American	Asian	Hispanic	Other
Yes	90%	94%	83%	76%	100%	96%
No	9%	5%	16%	24%	*%	4%
Not sure/ Refused	1%	1%	1%	*%	*%	*%

2018 Income Breakouts	All	<\$50,000	\$50,000-\$99,999	\$100,000-\$149,999	\$150,000-\$199,999	\$200,000+
Yes	90%	82%	86%	88%	92%	98%
No	9%	14%	13%	11%	8%	1%
Not sure/Refused	1%	3%	1%	*%	*%	1%

2018 Marital Status Breakouts	All	Married	Divorced/ Separated	Widowed	Never Married	Unmarried Couple
Yes	90%	92%	97%	93%	70%	97%
No	9%	8%	3%	6%	24%	3%
Not sure/ Refused	1%	1%	*%	2%	6%	*%

Appendix: 2018 Survey Instrument

Hello, I am calling for the Howard County Health Department. My name is _____. We are gathering information about the health of County residents. This project is being conducted by the health department following Centers for Disease Control and Prevention guidelines. Your telephone number has been chosen randomly, and I would like to ask some questions about health and health practices.

To ensure we are speaking to a representative group of residents may I please speak to the youngest male age 18 or older who is at home right now?

IF NO: May I please speak to the youngest female in the household age 18 or older who is at home?

I will not ask for your last name, address, or other personal information that can identify you. You do not have to answer any question you do not want to, and you can end the interview at any time. Any information you give me will be confidential. If you have any questions about the survey, please call 410-280-2000.

S1. Just to confirm, do you live in Howard County?

- 1 Yes
- 2 No (*Thank and terminate.*)
- 9 Not sure/Refused to say (*Thank and terminate.*)

S2. In what zip code do you live? (*Record 5-digit zip.*)

20701	21042	21723
20723	21043	21737
20759	21044	21738
20763	21045	21765
20777	21046	21771
20794	21075	21784
20833	21076	21794
21029	21104	21797
21036	21150	
21041	21163	Other zip (<i>Specify</i>)

8.22 I am required to ask this question. So that we have a balanced sample, what is your gender? (*Note: Answer drives skip patterns for Q4.1, 6.1, M01.2.*)

(151)

- 1 Male
- 2 Female
- 3 Transgender

C03 Health Care Access (general)

3.1 Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?

(80)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

3.2 Do you have one person you think of as your personal doctor or health care provider?

If "No," ask: "Is there more than one, or is there no person who you think of as your personal doctor or health care provider?"

(81)

- 1 Yes, only one
- 2 More than one

- 3 No
- 7 Don't know / Not sure
- 9 Refused

3.3A When you are sick or need medical attention, to which one of the following places do you usually go? Would you say:

Please read:

- 1 A doctor's office
- 2 A community health center like Chase Brexton
- 4 A hospital emergency room
- 5 An urgent care center like Patient First or Minute Clinic
- 6 Some other kind of place

Or

- 8 No usual place

Do not read:

- 7 Don't know / Not sure
- 9 Refused

3.3B Thinking about your most recent visit to your primary health care provider for a medical issue you wanted resolved quickly, how long did you have to wait between when the appointment was made and when the appointment actually occurred?

Do not read:

- 1 Same day
- 2 Within 2-3 days
- 3 Within 1 week
- 4 Within 1 month
- 5 Longer than 1 month
- 6 Does not apply to me
- 7 Don't know / Not sure
- 9 Refused

3.3C Was there a time in the past 12 months when you needed to go to the emergency room because you could not get a timely appointment with a doctor?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

C04 Hypertension

4.1 Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

(84)

Read only if necessary: By "other health professional" we mean a nurse practitioner, a physician's assistant, or some other licensed health professional.

If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"

- 1 Yes
- 2 Yes, but female told only during pregnancy [Go to next section]
- 3 No [Go to next section]
- 4 Told borderline high or pre-hypertensive [Go to next section]
- 7 Don't know / Not sure [Go to next section]
- 9 Refused [Go to next section]

4.1A Are you currently taking medication to help with your high blood pressure?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

C05 High Cholesterol

5.1 Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

(86)

- 1 Yes
- 2 No [Go to next section]
- 7 Don't know / Not sure [Go to next section]
- 9 Refused [Go to next section]

5.2 About how long has it been since you last had your blood cholesterol checked?

(87)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused

5.3 Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?

(88)

- 1 Yes
- 2 No [Go to next section]
- 7 Don't know / Not sure [Go to next section]
- 9 Refused [Go to next section]

5.4 Are you now taking medicine to help with your cholesterol?

- 1 Yes
- 2 No
- 9 Refused

C06 Chronic Health Conditions:

Now I would like to ask you some questions about general health conditions.

Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me "Yes," "No," or you're "not sure."

6.5 Do you currently have asthma?

(93)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

C06 COPD

6.8 (Ever told) you have (COPD) chronic obstructive pulmonary disease, emphysema (em-fiz-ZEE-muh) or chronic bronchitis (bron-KITE-us)?

(96)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

C06 Diabetes

6.13 (Ever told) you have diabetes?

(101)

(If "Yes" and respondent is female, ask): "Was this only when you were pregnant?"

If respondent says pre-diabetes or borderline diabetes, use response code 4.

- 1 Yes
- 2 Yes, but female told only during pregnancy
- 3 No
- 4 No, pre-diabetes or borderline diabetes
- 7 Don't know / Not sure
- 9 Refused

M01 Pre-Diabetes

NOTE: Only asked of those not responding "Yes" (code = 1) to Core Q6.13 (Diabetes awareness question).

CATI NOTE: If Core Q6.13 = 4 (No, pre-diabetes or borderline diabetes); answer Q2 "Yes" (code = 1).

M01.2. Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

(246)

If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"

- 1 Yes
- 2 Yes, during pregnancy
- 3 No
- 7 Don't know / Not sure
- 9 Refused

M02 Diabetes

To be asked following Core Q6.13; if response is "Yes" (code = 1)

M02.1. How old were you when you were told you have diabetes?

(247-248)

- __ Code age in years [97 = 97 and older]
- 98 Don't know / Not sure
- 99 Refused

M02.2. Are you now taking insulin or other medicine to help with your diabetes?

(249)

- 1 Yes
- 2 No
- 9 Refused

M02.5. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

(256-257)

__ Number of times [76 = 76 or more]

- 88 None
- 77 Don't know / Not sure
- 99 Refused

M02.6. A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?

(258-259)

__ Number of times [76 = 76 or more]

- 88 None
- 98 Never heard of A one C test
- 77 Don't know / Not sure
- 99 Refused

C07 Tobacco Use

7.1 Have you smoked at least 100 cigarettes in your entire life?

(102)

NOTE: 5 packs = 100 cigarettes

- 1 Yes
- 2 No [Go to Q7.5A]
- 7 Don't know / Not sure [Go to Q7.5A]
- 9 Refused [Go to Q7.5A]

7.2 Do you now smoke cigarettes every day, some days, or not at all?

(103)

- 1 Every day
- 2 Some days
- 3 Not at all
- 7 Don't know / Not sure
- 9 Refused

7.5A Electronic cigarettes, or "e-cigarettes" and other electronic "vaping" products include electronic hookahs, or "e-hookahs," vape pens, e-cigars, and others. These products are battery powered and usually contain nicotine and flavors such as fruit, mint, or candy. Do you currently use e-cigarettes every day, some days, or not at all?

- 1 Every day
 - 2 Some days
 - 3 Not at all
- Do not read:**
- 7 Don't know / Not sure
 - 9 Refused

C08 Demographics

8.1 What is your age?

(108-109)

__ Code age in years (18-97)

07 Don't know / Not sure

09 Refused

8.2 Are you Hispanic or Latino?

(110)

1 Yes

2 No

7 Don't know / Not sure

9 Refused

8.3 Which one or more of the following would you say is your race?

(111-116)

(Code all that apply)

Please read:

1 White

2 Black or African American

3 Asian

4 Native Hawaiian or Other Pacific Islander

5 American Indian or Alaska Native

Or

6 Other [specify] _____

Do not read:

7 Don't know / Not sure

9 Refused

11 Hispanic/Latino

12 Mixed/Multi (unspecified)

13 Middle Eastern

8.6 Are you...?

(119)

Please read:

1 Married

2 Divorced

3 Widowed

4 Separated

5 Never married

Or

6 A member of an unmarried couple

Do not read:

9 Refused

8.6A Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

1 Yes

2 No

9 Refused

8.7 How many children less than 18 years of age live in your household?

(120-121)

__ Number of children

88 None [Go to Q8.8.]

99 Refused [Go to Q8.8.]

8.7AA (If Q8.7 > 1): What is the age of your youngest child? (Read categories.)

1 5 years of younger

2 6 to 11 years old

3 12 years or older

Do not read:

9 Refused / Don't know

C08.7 Children's Health Issues

8.7A (If Q8.7 > 1): Have you ever been told by a health care professional that your child should lose weight?

1 Yes

2 No

8.7B (If yes): What age were they at the time? Under 6, 6 to 10, 11 to 14, or 15 to 18?

(Code all that apply; code only once for each age group even if multiple children in a single age group.)

1 Under 6

2 6 to 10

3 11 to 14

4 15 to 18

7 Don't know / Not sure

9 Refused

Has a doctor or other health care provider ever told you that any child in your household had...? **[8.7C-D]**

8.7C Asthma

1 Yes

2 No

7 Don't know/ Not sure

9 Refused

8.7D Depression/Anxiety problems

1 Yes

2 No

7 Don't know/ Not sure

9 Refused

8.7F Was your youngest child ever breastfed or fed breast milk?

1 Yes [Go to 8.7G]

2 No [Go to next section]

7 Don't know/ Not sure [Go to next section]

9 Refused [Go to next section]

8.7G (If yes): How old was [he/she] when [he/she] completely stopped breastfeeding or being fed breast milk? **(Read categories.)**

- 1 Currently breastfeeding
- 2 Less than 6 months
- 3 6 to 12 months
- 4 More than 12 months
- Do not read:**
- 7 Don't know/ Not sure
- 9 Refused

C08 Demographics (cont'd)

8.8 What is the highest grade or year of school you completed?

(122)

Read only if necessary:

- 1 Never attended school or only attended kindergarten
- 2 Grades 1 through 8 (Elementary)
- 3 Grades 9 through 11 (Some high school)
- 4 Grade 12 or GED (High school graduate)
- 5 College 1 year to 3 years (Some college or technical school)
- 6 College 4 years (College graduate)
- 7 Graduate-level work or degree (More than 4 years college)

Do not read:

- 9 Refused / Don't know

8.9 Are you currently...?

(123)

Please read:

- 1 Employed for wages
- 2 Self-employed
- 3 Out of work for more than 1 year
- 4 Out of work for less than 1 year
- 5 A Homemaker
- 6 A Student
- 7 Retired

Or

- 8 Unable to work

Do not read:

- 9 Refused

8.10 Is your annual household income from all sources—

(124-125)

- 1 Less than \$50,000 per year (**Do not read:** \$4,166 or less per month/ \$961 or less per week)
- 2 \$50,000 to \$99,999 per year (**Do not read:** \$8,333 – 4,167 per month/ \$1,923 – 962 per week)
- 3 \$100,000 to \$149,999 per year (**Do not read:** \$12,500 – 8,334 per month/ \$2,884 – 1,924 per week)
- 4 \$150,000 to \$199,999 per year (**Do not read:** \$12,501 – 16,666 per month/ \$2,885 – 3,846 per week)
- 5 \$200,000 or more per year (**Do not read:** \$16,667 or more per month/ \$3,847 or more per week)

Do not read:

- 7 Don't know / Not sure
- 9 Refused

If respondent refuses at ANY income level, code 99 (Refused)

8.11 About how much do you weigh without shoes?

(126-129)

Round fractions up.

___ Weight

(pounds)

7777 Don't know / Not sure

9999 Refused

8.12 About how tall are you without shoes?

(130-133)

Round fractions down.

__ / __ Height

(ft / inches)

77/ 77 Don't know / Not sure

99/ 99 Refused

8.12A Have you been advised by your doctor in the last five years to lose weight?

1 Yes

2 No

7 Don't know / Not sure

9 Refused

8.21A Which of these best describes your home?

Please read:

1 Single-family detached

2 Townhouse

3 Apartment, condo, or other multi-family building

Do not read:

7 Don't know / Not sure

9 Refused

8.22A (Ask only in Columbia and Ellicott City planning areas): Do you live on property subject to the Columbia Association assessment?

1 Yes

2 No

7 Don't know / Not sure

9 Refused

8.22B (All): Do you currently have a membership with the Columbia Association? (If yes): Which one?

Please read:

1 Pools only

2 Club only

3 Golf only

4 Tennis only

5 More than one, or a "package plan"

Do not read:

6 No membership

7 Don't know / Not sure

9 Refused

8.22C Please tell me if you strongly agree, somewhat agree, are neutral, somewhat disagree, or strongly agree with this statement. **Howard County General Hospital provides helpful information and a full network of resources to help keep you healthy.**

- 1 Strongly agree
- 2 Somewhat agree
- 3 Neutral
- 4 Somewhat disagree
- 5 Strongly disagree
- Do not read:**
- 7 Don't know / Not sure
- 9 Refused

C09 Fruits and Vegetables

These next questions are about the fruits and vegetables **you** ate or drank during the past 7 days. Please think about all forms of fruits and vegetables including cooked or raw, fresh, frozen or canned. Please think about all meals, snacks, and food consumed at home and away from home.

I will be asking how often **you** ate or drank each one: for example, once a day, twice a week, and so forth.

INTERVIEWER NOTE: If respondent responds less than once per week, put "0" times per week. If respondent gives a number without a time frame, ask: "Was that per day or per week?"

9.2R During the past week, not counting juice, how many times did you eat fruit? Count fresh, frozen, or canned fruit.

(156-158)

- 1 __ Per day
- 2 __ Per week
- 555 Never
- 777 Don't know / Not sure
- 999 Refused

Read only if necessary: "Your best guess is fine."

Read only if necessary: "Fruit includes apples, bananas, applesauce, oranges, grapefruit, fruit salad, watermelon, cantaloupe or musk melon, papaya, pomegranates, mangos, grapes, and berries such as blueberries and strawberries, and others."

INTERVIEWER NOTE: Do not count fruit jam, jelly, or fruit preserves. Do not include dried fruit in ready-to-eat cereals. Do include dried raisins, cran-raisins if respondent tells you - *but due to their small serving size they are not included in the prompt.*

Do include cut up fresh, frozen, or canned fruit added to yogurt, cereal, jello, and other meal items. Include culturally and geographically appropriate fruits that are not mentioned.

9.4R During the past week, how many times did you eat vegetables that were not fried? Do not include rice or other grains.

(162-164)

- 1 __ Per day
- 2 __ Per week
- 555 Never
- 777 Don't know / Not sure
- 999 Refused

Read only if necessary: "Your best guess is fine."

INTERVIEWER NOTE: Each time a vegetable is eaten it counts as one time.

Include all raw leafy green salads including spinach, mesclun, romaine lettuce, bok choy, dark green leafy lettuce, dandelions, komatsuna, watercress, and arugula.

Do not include iceberg (head) lettuce if specifically told type of lettuce.

Include all cooked greens including kale, collard greens, choys, turnip greens, mustard greens.

Include all forms of carrots including long or baby-cut. Include carrot-slaw (e.g. shredded carrots with or without other vegetables or fruit). Include all forms of sweet potatoes including baked, mashed, casserole, pie, or sweet potatoes fries. Include all hard-winter squash varieties including acorn, autumn cup, banana, butternut, buttercup, delicate, hubbard, kabocha, and spaghetti squash. Include all forms including soup. Include pumpkin, including pumpkin soup and pie. Do not include pumpkin bars, cake, bread or other grain-based desert-type food containing pumpkin (i.e. similar to banana bars, zucchini bars).

Include corn, peas, tomatoes, okra, beets, cauliflower, bean sprouts, avocado, cucumber, onions, peppers (red, green, yellow, orange); all cabbage including American-style cole-slaw; mushrooms, snow peas, snap peas, broad beans, string, wax-, or pole-beans. Include any form of the vegetable (raw, cooked, canned, or frozen). Do include tomato juice. Include culturally and geographically appropriate vegetables that are not mentioned.

Do not include products consumed usually as condiments including ketchup, salsa, chutney, relish. Do not include rice or other grains.

C10 Physical Activity

The next few questions are about exercise, recreation, or physical activities.

10.1A During the past week, other than your regular job, did you do any physical activities or exercise to raise your heart rate, such as running, golf, swimming, yard work, or walking for exercise?

1 Yes **[Go to Q10.2A]**

2 No **[Go to Q10.1B]**

7 Don't know / Not sure **[Go to Q10.4A]**

9 Refused **[Go to Q10.4A]**

10.1B (if no) [quota=200]: What was the main reason you did not engage in physical activity?

Do not read:

1 Didn't have time

2 No sidewalks/ walking path

3 Didn't have a safe place

4 Area(s) not well lit

5 No access to equipment

6 Another reason **(Specify.)**

7 Don't know/ Not sure

9 Refused

10 Don't need to exercise/Already active

11 Don't like exercise/Lazy/Tired

12 Weather

13 Unable/Disabled

14 Sick

[Go to Q10.4A]

10.2A (If yes in 10.1A): During the past week, how many times did you take part in this activity?
(162-164)

- 1 __ Per week
555 Never [Go to Q10.4A]
777 Don't know / Not sure
999 Refused [Go to Q10.4A]

10.3A Where did you do these activities? (Code all that apply.)

Please read:

- 1 Outside
2 In your home or friend's home
3 At your housing clubhouse
4 At work
5 At a membership club
6 Or somewhere else (Specify.)

Do not read:

- 7 Don't know / Not sure
9 Refused
10 School/Community College
11 Community/Rec/Senior Center
12 Mall
13 Hotel/While traveling
14 Training location/Private rec center
15 Church
16 Healthcare facility/Physical therapy
17 Bowling alley

10.3B And each time you took part in this activity, for how many minutes or hours did you usually keep at it? (Code either minutes or hours; if over one hour, round to nearest hour.)

- __ minutes
__ hour(s)
77 Don't know/ Not sure
99 Refused

10.4A During the past week, did you do physical activities or exercises to STRENGTHEN your muscles? Count activities using your own body weight like yoga, sit-ups or push-ups, or weight machines, free weights, or elastic bands.

- 1 Yes [Go to 10.5A]
2 No [Go to 10.7A]
7 Don't know / Not sure [Go to next section]
9 Refused [Go to next section]

10.5A (If yes): During the past week, how many times did you take part in this activity?

Please read:

- __ Per week
555 Never [Go to 10.7A]
777 Don't know / Not sure
999 Refused [Go to 10.7A]

10.6A Where did you do these activities? (Code all that apply.)

Please read:

- 1 Outside
- 2 In your home or friend's home
- 3 At your housing clubhouse
- 4 At work
- 5 At a membership club
- 6 Or somewhere else (Specify.)

Do not read:

- 7 Don't know / Not sure
- 9 Refused
- 10 School/Community College
- 11 Community/Rec/Senior Center
- 12 Mall
- 13 Hotel/While traveling
- 14 Training location/Private rec center
- 15 Church
- 16 Healthcare facility/Physical therapy
- 17 Bowling alley

10.7A In 2018 was your youngest child unable to participate in an organized youth sporting activity, such as a Rec and Parks team, soccer, or another organized youth sports team?

- 1 Yes, unable to participate
- 2 No, not unable
- 7 Don't know / Not Sure
- 9 Refused

10.7B If your child was unable, why was that? (Code the 1 best response.)

Do not read:

- 1 Lack of time/Did not fit schedule
- 2 Difficult/Did not know how to sign up
- 3 Cost too much
- 4 Lack of transportation/No way to get there
- 5 No one to take care of my other children
- 6 Too young to participate
- 7 Disability
- 8 Lack of interest
- 9 Other (Specify.)
- 77 Don't know / Not sure
- 99 Refused

C15 Alcohol Consumption

15.1 During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

(209-211)

__ Days per week

__ Days in past 30 days

777 Don't know / Not sure [Go to next section]

888 No drinks in past 30 days [Go to next section]

999 Refused [Go to next section]

15.3 Considering all types of alcoholic beverages, how many times during the past 30 days did you have **X [CATI X = 5 for men, X = 4 for women]** or more drinks on an occasion?

(214-215)

- __ Number of times
- 77 Don't know / Not sure
- 88 None
- 99 Refused

Sugary Drinks

SD1 How often do you drink regular soda such as Coke Classic, Pepsi, Sprite, or Mountain Dew? Do not include diet soda or seltzer.

READ IF NEEDED: How many sodas do you drink per day, per week, or per month?

- __ Per day
- __ Per week
- __ Per month
- 555 None / Never / Rarely
- 777 Don't know / Not sure
- 999 Refused

SD2 How often do you drink sports drinks like Gatorade or Powerade? Do not include diet or low-calorie types.

READ IF NEEDED: How many sports drinks do you drink per day, per week, or per month?

- __ Per day
- __ Per week
- __ Per month
- 555 None / Never / Rarely
- 777 Don't know / Not sure
- 999 Refused

SD4 [Ask if number of children entered in Q8.7 > 0] Thinking about your youngest child between the ages of 2 and 18, (pause in case respondent volunteers no children) how often does he or she drink regular, not diet, soda like Coke Classic, Pepsi, Sprite, or Mountain Dew?

READ IF NEEDED: How many sodas does your youngest child between the ages of 2 and 18 drink per day, per week, or per month?

- __ Per day
- __ Per week
- __ Per month
- 555 None / Never / Rarely
- 777 Don't know / Not sure
- 999 Refused

SD7 In the last 30 days, have you bought any of the following types of sugar sweetened beverages for your family to drink at home? Regular soda, sports drinks like Gatorade or Powerade, fruit drinks like Capri Sun or Hawaiian Punch, energy drinks, or sweetened teas and waters?

- 1 Yes
- 2 No
- 7 Don't know / Not Sure
- 9 Refused

M12 Breast/ Cervical Cancer Screening

CATI NOTE: If respondent is male, go to the next module.

The next questions are about breast and cervical cancer screening.

(Women age 40 or older):

M12.1. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

(339)

1 Yes

2 No **[Go to M12.5]**

7 Don't know / Not sure **[Go to M12.5]**

9 Refused **[Go to M12.5]**

M12.2. How long has it been since you had your last mammogram?

(340)

Read only if necessary:

(Answer categories changed from 2012.)

1 Within the past 2 years (Less than 2 years ago)

2 Between 2 and 5 years (2 years but less than 5 years ago)

3 5 or more years ago

Do not read:

7 Don't know / Not sure

9 Refused

(All women aged 21 to 65):

M12.5. A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

(343)

1 Yes

2 No **[Go to next eligible question.]**

7 Don't know / Not sure **[Go to next eligible question.]**

9 Refused **[Go to next eligible question.]**

M12.5A When was your last Pap test?

Read only if necessary:

(Revised answer options):

1 Within the past 3 years (Less than 3 years ago)

2 Between 3 and 5 years (3 years but less than 5 years ago)

3 5 or more years ago

Do not read:

7 Don't know / Not sure

9 Refused

M14 Colorectal Cancer Screening

CATI NOTE: If respondent is < 75 years of age, go to next module.

M14.3R. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy?

(358)

Read only if necessary:

(Answer categories changed from 2012.)

- 1 Within the past 5 years (Less than 5 years ago)
- 2 Between 5 and 10 years (5 years but less than 10 years ago)
- 3 10 or more years ago

Do not read:

- 7 Don't know / Not sure
- 8 Have never had a sigmoidoscopy or colonoscopy
- 9 Refused

M16 Secondhand Smoke

The next questions are about exposure to secondhand smoke.

M16.2. Not counting decks, porches, or garages, during the past 7 days, that is, since last **[TODAY'S DAY OF WEEK]**, on how many days did **someone other than you** smoke tobacco inside your home while you were at home?

(369-370)

__ Number of days [01-07]

- 00 None
- 77 Don't know / Not sure
- 99 Refused

M16.3. During the past 7 days, that is, since last **[TODAY'S DAY OF WEEK]**, on how many days did you ride in a vehicle where **someone other than you** was smoking tobacco?

(371-372)

__ Number of days [01-07]

- 00 None
- 77 Don't know / Not sure
- 99 Refused

M26 Anxiety and Depression

M26.9. Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

(451)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

M28 Social Context

Now, I am going to ask you about several factors that can affect a person's health.

M28.0A Within the past 30 days, have you felt emotionally upset, for example angry, sad, or frustrated, as a result of how you were treated based on your race or ethnicity?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

M28.1. How often in the past 12 months would you say you were worried or stressed about having enough money to pay vital expenses like your rent, mortgage, or food? Would you say you were worried or stressed...?

(464)

Please read:

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Rarely
- 5 Never

Do not read:

- 8 Not applicable
- 7 Don't know / Not sure
- 9 Refused

(Create Split A & B. Ask M28.1C & D of Split A. Ask M28.1E & F of Split B.)

M28.1C (Ask of Split A): Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things? Would you say this happens...

M28.1D (Ask of Split A): Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless? Would you say this happens...

M28.1E (Ask of Split B): Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge? Would you say this happens...

M28.1F (Ask of Split B): Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying? Would you say this happens...

- 1 Never
- 2 For Several Days
- 3 For more than half the days
- 4 Nearly every day

Do Not Read:

- 7 Don't know / Not sure
- 9 Refused

Oral Health

ORAL1 How long has it been since you last visited a dentist or a dental clinic for any reason?
Include visits to dental specialists, such as orthodontists.

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

Do Not Read:

- 7 Don't know / Not sure
- 8 Never
- 9 Refused

CATI note: If ORAL1= 8 (Never), go to next section.

ORAL2 During the last 12 months, have you had a dental problem which you would have liked to see a dentist about but you didn't see the dentist?

- 1 Yes
- 2 No **[Go to next section]**
- 7 Don't know / Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

ADVANCE CARE PLANNING

ACP1 Advance directives are legal documents that allow you to spell out your decisions about end-of-life care ahead of time. This is not a will by which you dispose of property, but is how you communicate decisions about the type of health care you would like to receive if you are unable to speak for yourself. Do you currently have a signed advance directive?

- 1 Yes
- 2 No
- 7 Don't know/ Not sure
- 9 Refused

ACP2 A health care agent, often called a "proxy," is the person you trust to act on your behalf in the event you are unable to make health care decisions or communicate your wishes. Health care agents are often named as a part of completing an advance directive. Do you currently have a signed document naming your health care agent?

- 1 Yes **[Go to ACP3]**
- 2 No **[Go to next section]**
- 7 Don't know/ Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

ACP3 (If yes): Have you had a conversation with your named agent to communicate your care wishes?

- 1 Yes
- 2 No
- 7 Don't know/ Not sure
- 9 Refused

OTHER ISSUES

OTH2 Typically, how many hours of sleep do you get in a 24-hour period?

__ hours

77 Don't know/ Not sure

99 Refused

OTH4 As a reminder, your responses are kept confidential and not tied back to you personally. In the past 12 months did you or an immediate family member use heroin or any type of opioid that you or they did not have a prescription for, or took more frequently than prescribed on one or more occasions?

INTERVIEWER READS IF NEEDED TO DEFINE OPIOIDS: Opioids include certain painkillers, such as morphine, hydrocodone, and oxycodone; and prescription drugs such as OxyContin, Percocet, and Vicodin.

1 Yes

2 No

7 Don't know / Not sure

9 Refused

Closing Statement

Please read: That was my last question. Everyone's answers will be combined to give us information about the health practices of people in this county. Thank you very much for your time and cooperation.

Language Indicator

[INTERVIEWER: DO NOT READ THIS TO RESPONDENT.]

LANG1 In what language was this interview completed?

1 English

2 Spanish